

OCTOBER MEAL MENU

October 1 - 5



CACFP Meal Requirement		1 / Mon	2 / Tues	3 / Wed	4 / Thurs	5 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Orange Wedges	Peach	Blueberry	Mixed Fruit
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Organic O's	Lightly Buttered English Muffin	Roasted Potatoes & Veggie Sausage	French Toast	Banana Bread
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Cranberry Sauce, Turkey and Cheese Wrap	Spinach Ravioli with Green Beans	Garden Soup with Breadsticks	Chicken Teriyaki with Stirfry Vegetable Rice	Chicken Cheese Quesadilla with Taco Bean Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Steamed Broccoli				
1/8 cup fruit	¼ cup fruit	Melon	Mixed Fruit	Apple Slices	Pineapple	Mandarin
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese Wrap	Same	Same	Garden Patty	Cheese Quesadilla
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cottage Cheese	-	-	Cheddar Cubes	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	-	Pita	Graham Cracker	Club Crackers	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	Pineapple	Edamame	Apple Sauce	-	Apple Slices (Soft Pears in Wadd I /infs)
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	String Cheese	-	Frozen Yogurt (Soft Yogurt in Wadd 1 / infs)
½ oz meat	½ oz meat	-	-	-	Turkey Slices (cheese slices for vegetarian)	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Nutrigrain Bar	Pirate Booty	Fig Bar	Soft Pretzel	Trail Mix (Cereal in Wadd 1 / infants)
½ cup veg or fruit	½ cup veg or fruit	Melon	Bananas	-	-	-

* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

** Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

OCTOBER MEAL MENU

October 8 – 12



CACFP Meal Requirement		8 / Mon	9 / Tues	10 / Wed	11 / Thurs	12 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Peaches	Blueberry	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Organic O's	Mini Bagels and Cream Cheese	French Toast Fingers	Cornbread Muffins	Eggs
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunbutter and Fruit Spread on Whole Wheat Steamed Carrots	Turkey, Mashed Potatoes and Peas with Gravy, Lightly Buttered Whole Wheat Bread	Rice with BBQ Chicken, black beans & broccoli	Ragu of Beef and Mushrooms over Rigatoni, Gilled Zucchini	Turkey Meatballs with Lightly Buttered Shells, Spinach
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg					
1/8 cup fruit	¼ cup fruit	Apple Slice	Cantaloupe	Mixed Fruit	Mangos	Peaches
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Veggie Crumbles	Veggie Crumbles	Tofu Slices	Garden Burger
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	-	-	String Cheese
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Banana Bread	Graham Crackers	Goldfish
½ cup veg or fruit	½ cup veg or fruit	Clementines	Edamame		Apple Sauce	-
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	-	-	Cheese Cubes	Frozen Yogurt (Soft Yogurt in Wadd 1 / infs)
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	Life Cereal	Aussie Bites	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Blueberries		-

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