

SEPTEMBER MEAL MENU
September 17-21



CACFP Meal Requirement		17 / Mon	18 / Tues	19 / Wed	20 / Thurs	21 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Mandarin Oranges	Blueberries	Apple	Oranges
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Kashi or Morning O's	Lightly Buttered English Muffins	French Toast	Mini Bagels with Cream Cheese	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey Cheese Sandwich	Pesto Cheese Tortellini	Curry Chicken with Naan	Turkey Meatloaf with Buttered Pasta	Wild Alaskan Pollock Fish Sticks with Sweet Potato Fries & Corn
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Steamed Vegetables	Peas	Mixed Vegetables	Steamed Broccoli	
1/8 cup fruit	¼ cup fruit	Apple Slices	Mango	Pineapple	Pineapple	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese Sandwich	Same	Veggie Patty	Veggie Crumbles	Garden Burger
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cheese Cubes	-	-	-	Cheddar Slices
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Pita	Belvita Biscuits	Graham Crackers	-
½ cup veg or fruit	½ cup veg or fruit	-	Hummus	Mixed Fruit	Apple Sauce	Cucumber
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	String Cheese	Yogurt	Mandarin	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Veggie Straws	Pirate Booty	Aussie Bites	Fig Bar
½ cup veg or fruit	½ cup veg or fruit	Edamame	-	-		Banana

* 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.

SEPTEMBER MEAL MENU
September 24-28



CACFP Meal Requirement		24 / Mon	25 / Tues	26 / Wed	27 / Thurs	28 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Oranges	Peaches	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Organics Toasted O's	Eggo Waffles	Blueberry Muffins	Mini Bagels with Fruit Yogurt Spread	Cheese Melt
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunbutter & Fruit Spread Sandwich	Pulled Chicken Mac & Cheese	Chicken Pot Pie with Wheat Bread	Tex-Mex Beef & Bean Casserole with Flour Tortilla	Chicken Parmesan Sandwich
½ slice or ¼ cup grain	½ slice or ¼ cup grain					Buttered Green Beans
1/8 cup veg	¼ cup veg	Steamed Carrots	Steamed Broccoli			
1/8 cup fruit	¼ cup fruit	Apple Slice	Mixed Fruit	Pears	Pineapples	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Mac & Cheese	Veggie Crumbles	Veggie Crumbles	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	Cream Cheese	-	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Raisin Bread	Pita	Graham Crackers	Banana Bread
½ cup veg or fruit	½ cup veg or fruit	-	-	Edamame	Apple Sauce	
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Ritz Cracker Sandwich (Cheese and Ham)	-	-	-	Yogurt
½ oz meat	½ oz meat		-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain		Grain Bar	Special K	Pita	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit		Apple Slice	Banana	Cucumbers	

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