

OCTOBER MEAL MENU

October 29 – November 2



CACFP Meal Requirement		29 / Mon	30 / Tues	31 / Wed	1 / Thurs	2 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*	Mixed Berry	Peaches	Banana	Melon	Pears
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Toasted O's / Kashi	Sweet Potato Hash & Veggie Sausage	Pancakes	Bagel with Cream Cheese	English Muffins with Fruit Spread
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat	Turkey & Cheese Wrap, Steamed Carrots	Spinach Tortellini with Pesto & Peas	Vegetarian Bean Chili with Flatbread	Chicken Yakisoba (Green cabbage, broccoli, carrots)	(Make your own sandwich) Turkey, Cheese, Cucumber, Tomato & Mayo
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	Melon	Mandarins	Pineapples	Mango
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese Sandwich	Same	Same	Tofu	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	<input checked="" type="checkbox"/>	Yogurt	-	Cheese	<input checked="" type="checkbox"/>
½ oz meat	½ oz meat	-	-	-	Ham	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bars	Pita	Breadsticks	Club Cracker	-
½ cup veg or fruit	½ cup veg or fruit	-	-	Guacamole & Beet Hummus	-	Oatmeal Raisin
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	Cheese	Frozen yogurt	-	Cheese Cubes
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Ritz Crackers	Grain Bar	Chex Mix	Aussie Bites
½ cup veg or fruit	½ cup veg or fruit	Clementines	-		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.

NOVEMBER MEAL MENU
November 5 – November 9



CACFP Meal Requirement		5 / Mon	6 / Tues	7 / Wed	8 / Thurs	9 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Banana	Sliced Oranges	Melon	Blueberries	Pears
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Mixed Cereal	Eggs	Sausage (Veggie) & Roasted Potatoes	Oatmeal	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunbutter & Fruit Spread on Wheat Bread with Steamed Carrots	Creamy Avocado & Spinach Basil Pasta	Chicken Salad Sandwich with Steamed Broccoli	Rice Casserole with Fish, Cheese & Spinach	Chicken Parmesan Sandwich with Steamed Broccoli
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 Slices	Watermelon	Peaches	Pineapples	Sliced Oranges
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Same	Tofu	Veggie Patty	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	Cheese Slices	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Graham Crackers	Pita Bread	Grain Crackers	Raisin Bread	Banana Bread
½ cup veg or fruit	½ cup veg or fruit	Seasonal Fruit Delight	Bananas	Cucumbers	Apple Slices	
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	Frozen Yogurt	Tzatziki Greek Yogurt Dip	Yogurt	String Cheese
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	-	Pirate Booty	Soft Pretzels	Chex Mix	Aussie Bites
½ cup veg or fruit	½ cup veg or fruit	Bell Pepper Slices	-	-	-	

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