

OCTOBER MEAL MENU
October 15 – October 19



CACFP Meal Requirement		15 / Mon	16 / Tues	17 / Wed	18 / Thurs	19 / 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*	Bananas	Orange Wedges	Mango	Apple Slices	Berries
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Life Cereal	Lightly Buttered English Muffin	Diced Potato with Onion & Veggie Sausage	Mini Bagel with Cream Cheese	Cheesy Omelet with Whole Wheat Toast (Eggs in Egg-sensitive rooms)
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 and Cheese Sandwich on Whole Wheat	Turkey Curry Meatloaf with Mixed Vegetables	Homemade Mac and Cheese with Broccoli	Chicken Biryani with Raisins, Steamed Carrots and Broccoli	Beef Burger Sliders, Sweet Potato Fries & Peas
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Carrots				
1/8 cup fruit	¼ cup fruit	Apple Slices	Pears	Melon	Tropical Fruit	Melon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same	Veggie Crumbles	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cheddar Cubes	-	-	<input checked="" type="checkbox"/>	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Goldfish	Club Crackers	Oatmeal Raisin Bars	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	-	3 Bean Salad	Apple Sauce	-	Seasonal Fruit
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	Yogurt	String Cheese	Ritz Cracker Sandwich (Ham & Cheese)	<i>Early Dismissal @ 4PM for In-Service Training</i>
½ oz meat	½ oz meat	-	-	-		
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bar	Pita Bread	Soft Pretzel		
½ cup veg or fruit	½ cup veg or fruit	Edamame	-	-	-	

* 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 22 – October 26



CACFP Meal Requirement		22 / Mon	23 / Tues	24 / Wed	25 / Thurs	26 / 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	Chex for Todds Kashi for Preschool	Mini Bagels and Cream Cheese	French Toast Fingers	Lightly Buttered English Muffins	Blueberry 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 Whole Wheat w/ Carrots	Meatball Pasta with Mixed Vegetables	Spaghetti Bolognese with Zucchini & Peas	Orange Chicken with Mixed Veg over Rice	Baked Pollock, Potatoes & Peas
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	Pears	Honeydew	Pineapples	Watermelon
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Veggie Slices	Veggie Crumbles	Same	Veggie Patty	Tofu Slice
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	Grain Bar	Pita	Banana Bread	Graham Crackers	Bunny Snacks
½ cup veg or fruit	½ cup veg or fruit	Clementines	-		Apple Sauce	Melon
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
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Raisin Bread	Pirate Booty	Life Cereal	BelVita Biscuit	Club Crackers
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Berries		

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

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