

JANUARY MEAL MENU
January 28 – February 8



CACFP Meal Requirement		28 / Mon	29 / Tues	30 / Wed	31 / Thurs	1 / 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 Fruit	Festival Fruit	Peaches	Mango	Three Berry Blend
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Special K & Cheerios	Eggo Waffles	Cottage Cheese, Plain Bagel	English Muffin	Raspberry Muffins
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	Garden Minestrone Grilled Cheese	Turkey & Cheese Wraps with Lightly Buttered Green Beans	Curried Turkeyloaf with Corn, Mashed Potato	Beef Yakisoba Noodles with Stirfry Vegetables	Taco Bake with Corn and Beans
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 (Applesauce for Todds)	Mandarins	Orange Slice	Pineapple	Spectrum Fruit
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Same	Cheese only	Veggie Patty	Tofu	Same
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	Cheese Cubes	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Animal Crackers	NutriGrain	Pirate Booty	Fig Bar	Graham Cracker
½ cup veg or fruit	½ cup veg or fruit	Tropical Fruit	Grapes	-	Apple Slices	Clementines
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	<input checked="" type="checkbox"/>	String Cheese	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Goldfish	Aussie Bites	Raisin Bread	Club Crackers	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	Peaches	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.

February MEAL MENU
February 4 – 8



CACFP Meal Requirement		4 / Mon	5 / Tues (Lunar New Year)	6 / Wed	7 / Thurs	8 / 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	Mango	Berries	Apple Slices
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Special K (Cheerios for Todds)	Mini Bagels with Cream Cheese	Roasted Potatoes & Veggie Sausage	Pancakes	Apple Cinnamon Oatmeal
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey and Cheese on Whole Wheat Bread, Steamed Carrots	Chicken & Veg Potstickers, Vegetable Fried Rice	Vegetarian Corn Chowder, Whole Wheat Rolls	Chicken & Mixed Vegetable / Bean Pasta	Chicken Nuggets, Buttered Pasta, 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 Slice	Pineapples	Sliced Oranges	Pineapples	Grapes
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese only	Veggie Patty	Same	Extra Beans	Veggie Patty
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	-	Tzatziki Dip	Cheese Slice
½ oz meat	½ oz meat	-	-	-	-	Turkey Slice
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Puffed Rice Treats	Soft Pretzel	Pita	Grain Crackers
½ cup veg or fruit	½ cup veg or fruit	Clementines	Mandarin Orange	Banana	Cucumbers	
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	Veggie Straws	Trail Mix	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	Bananas	-	Sliced Bell Peppers		

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