


MEAL MENU
Feb 11 – 15



CACFP Meal Requirement		11 / Mon	12 / Tues	13 / Wed	14 / Thurs	15 / Fri
Ages 1-2	Ages 2+	BREAKFAST				
½ cup whole milk	¾ cup 1% milk				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
¼ cup veg / fruit*	½ cup veg / fruit*				Grapes	Three Berry Blend
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Special K & Cheerios	Pancakes
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	TLCA CLOSED DUE TO INCLEMENT WEATHER 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1 oz meat	1.5 oz meat				Turkey & Cheese on Wheat Bread with Steamed Carrots	Chicken Nuggets, Corn
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Strawberries	Mandarin Oranges
1/8 cup veg	¼ cup veg				No Turkey	Veggie Patty
1/8 cup fruit	¼ cup fruit					
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)						
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk				-	Cheese
½ oz meat	½ oz meat				-	Turkey Slice
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Blueberry Muffins	Grain Cracker
½ cup veg or fruit	½ cup veg or fruit				Strawberries	-
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk				String Cheese	Frozen Yogurt
½ oz meat	½ oz meat				-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain				Pirate Booty	Grain Bar
½ cup veg or fruit	½ cup veg or fruit				-	-

* 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.

MEAL MENU
February 18 - 22



CACFP Meal Requirement		18 / Mon	19 / Tues	20 / Wed	21 / Thurs	22 / 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	Mango	Berries	Peach
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	Eggos	Blueberry Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Chicken Corn Chowder	Bean & Cheese Burrito, Mixed Vegetables	Spinach Tortellini with Pesto & Peas	Rice Casserole with Fish, Cheese & Spinach	Ham & Cheese Croissants, Steamed Broccoli & Carrots
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 Butter Rolls	Pineapples	Grapes	Pineapples	Slices Apples
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		No Chicken	Same	Same	Veggie Patty	No Ham
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	Cheddar Cubes	-	-	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Soft Pretzel	Graham Crackers	Pita Bread	Raisin Bread	Cereal Mix
½ cup veg or fruit	½ cup veg or fruit	-	Apple Sauce	Cucumbers	Banana	Blueberries
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	Cornbread	Pirate Booty	Veggie Straws	-	BelVita Biscuit
½ cup veg or fruit	½ cup veg or fruit	-	-	Apple Slices	Sliced Bell Peppers	-

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