

MEAL MENU
February 25 – March 1



CACFP Meal Requirement		25 / Mon	26 / Tues	27 / Wed	28 / 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*	Bananas	Orange Slices	Peaches	Pears	Blueberries
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Life	Lightly Buttered English Muffins	Corn Muffins	Veggie Sausage, Potato and Onion	Pancakes
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 on Wheat Bread with Steamed Carrots	Chicken Corn Chowder with Butter Rolls	Broccoli Macaroni and Cheese	Chicken Teriyaki with Stirfry Vegetables	Fishsticks with Mash Potatoes and 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 Slices (Applesauce for Todds)	Tropical Fruit Mix	Mango	Pineapple	Fruit Mix
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese Only	Without Chicken	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"/>	Sliced Cheddar	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Animal Crackers	Fig Bar	Oatmeal Bars	Club Crackers	Pirate Booty
½ cup veg or fruit	½ cup veg or fruit	Mandarins	Apple Slices	-	-	Apple Slices
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	-	Cheddar Cubes	-	Frozen Yogurt
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Nutrigrain Bar	Pita Bread	Goldfish	Graham Crackers	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	-	Cucumbers	-	Apple Sauce	-

* 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
March 4 – 8



CACFP Meal Requirement		4 / Mon	5 / Tues	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	Eggos	Raisin Bread & Yogurt
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey and Cheese Roll-Up, Steamed Carrots	Chicken & Mixed Vegetable Pasta	Minestrone Pasta Soup, Breadsticks	Chicken Butter Masala with Mixed Vegetables over Rice	Tater Tot Casserole with Ground Beef, 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	Grapes	Sliced Oranges	Pineapples	Fruit Blend
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Cheese only	No Chicken	Same	Veggie Patty	No Ground Beef
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	-	-	-	-	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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