

MEAL MENU
March 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	☑	☑	☑	☑	☑
¼ cup veg / fruit*	½ cup veg / fruit*	Bananas	Mangos	Pears	Apple	Blueberries
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Special K (Cheerios for Toddlers)	Grilled Cheese on Whole Wheat	Sausage & Roasted Potatoes (Veggie sausage)	Lightly Buttered English Muffins	Corn Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Turkey Breast & Cheese on Whole Wheat	Taco Bake with Corn and Kidney Beans	Tortellini Alfredo with Mixed Vegetables	Chicken Biryani with Raisins, Steamed Carrots & Broccoli	Chicken Nuggets, Mashed Potatoes & Normandy Vegetables
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Steamed Carrots				
1/8 cup fruit	¼ cup fruit	Grape	Pineapple	Tropical Fruit	Pineapple	Oranges
Vegetarian Alternative (served upon request only; please email office@totemlakeschool.com)		Extra Cheese	Same	Same	Tofu	Garden Burger
Ages 1-2	Ages 2+	AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk		Cheddar Cubes	-	Frozen Yogurt	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Fig Bar	Raisin Bread	Belvita Biscuits	Pirate Booty	Pita
½ cup veg or fruit	½ cup veg or fruit	Apple Sauce	-	Bananas	-	Sliced Olives
Ages 1-2	Ages 2+	LATE AFTERNOON SNACK (2 of 5 components)				
½ cup whole milk	¾ cup 1% milk	String Cheese	-	Cheese Cubes	-	Early Dismissal at 4pm
½ oz meat	½ oz meat	-	-	-	-	
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Veggie Straws	Pita	-	Aussie Bites & Mandarin	
½ cup veg or fruit	½ cup veg or fruit	-	Cucumbers	Grain Crackers		

* 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 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	Peaches	Yogurt Parfait (Vanilla Yogurt, Cheerios, Mixed Fruit)	Mixed Fruit	Mango
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Cheerios	Mini Bagels and Cream Cheese		Scrambled Eggs and Roasted Potatoes <i>(Eggs in allergy classrooms)</i>	Blueberry Muffins
Ages 1-2	Ages 2+	LUNCH				
½ cup whole milk	¾ cup 1% milk	☑	☑	☑	☑	☑
1 oz meat	1.5 oz meat	Sunflower and Fruit Spread on Whole Wheat Bread	Pasta Bolognese with Peas & Beans	Cheese Pizza, Caesar Salad (Steamed Green Beans for Toddlers)	Sweet & Sour Meatball over Brown Rice, Carrots & Broccoli	Pollock Sticks, Dave's bread, Corn & Bean Salad
½ slice or ¼ cup grain	½ slice or ¼ cup grain					
1/8 cup veg	¼ cup veg	Apple Slices	Pears	Peaches	Pineapples	Oranges
1/8 cup fruit	¼ cup fruit	Same	Veggie Crumbles	Same	Veggie Patty	Tofu Slice
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	-	-	Cheddar Cubes	-	-
½ oz meat	½ oz meat	-	-	-	-	-
½ slice or ¼ cup grain	½ slice or ¼ cup grain	Grain Bar	Banana Bread	Bell Peppers	Graham Crackers	Goldfish
½ cup veg or fruit	½ cup veg or fruit	Clementine		-	Apple Slices <i>(Apple Sauce for Toddlers)</i>	Tropical Fruit
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	Raisin Bread	Pirate Booty	Life Cereal	Pita	Belvita Biscuits
½ cup veg or fruit	½ cup veg or fruit	-	Banana	Blueberries	Cucumbers	

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