

Pre-K School Breakfast Menu* (cold breakfast menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Life cereal Sliced pears 1% white milk	Yogurt Yogurt Mixed berries 1% white milk	Bagel Bagel Applesauce 1% white milk	Cereal Kix cereal Sliced banana 1% white milk	Muffin Lemon poppy seed muffin Mandarin oranges 1% white milk
Bagel Cinnamon raisin bagel Sliced melon 1% white milk	Cereal Corn Chex cereal Sliced banana 1% white milk	Yogurt Yogurt Pear slices 1% white milk	Cereal Cheerios cereal Pineapple slices 1% white milk	Muffin Banana nut muffin Peach slices 1% white milk
Muffin Apple cinnamon muffin Applesauce 1% white milk	Yogurt Yogurt Pineapple bits 1% white milk	Cereal Great Grains Banana Nut Crunch cereal Sliced banana 1% white milk	English Muffin WG English muffin Sliced melon 1% white milk	Cereal Kix cereal Pear halves 1% white milk
Muffin Blueberry muffin Applesauce 1% white milk	Yogurt Yogurt Peach slices 1% white milk	Cereal Cheerios cereal Sliced banana 1% White Milk	Bagel Bagel Mixed berries 1% white milk	Cereal Life cereal Apple slices 1% white milk

*Please refer to the [USDA CACFP Child Meal Pattern](#) for required component minimum serving sizes for age range.

Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.



Pre-K Breakfast Menu*

(hot and cold items)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes WG Pancakes Applesauce 1% white milk	Yogurt Vanilla yogurt Mixed fruit 1% white milk	Cereal Cheerios cereal Sliced banana 1% white milk	Scrambled Eggs Scrambled eggs (with optional salsa) Sweet potato tots 1% white milk	Waffles WG waffles Mixed berries 1% white milk
Oatmeal Oatmeal Mixed berries 1% white milk	Eggs Hardboiled egg Pear slices 1% white milk	Muffin Apple cinnamon muffin Sliced banana 1% white milk	Cereal Life cereal Blueberries 1% white milk	Spinach Egg Bake # Egg bake Hash brown potatoes 1% white milk
Eggs Scrambled eggs Peach slices 1% white milk	Cereal Kix cereal Sliced bananas 1% white milk	Toasted English Muffin WG English muffin Applesauce 1% white milk	Yogurt Vanilla yogurt Pineapple bits 1% white milk	Biscuits Biscuits Sliced melon 1% white milk
Toast WG toast Peanut butter/nut butter Sliced grapes 1% white milk	Hot Cereal Oatmeal or cream of wheat Peach slices 1% white milk	Vegetable Frittata # Vegetable frittata Sweet potato tots 1% White Milk	Bagel WG raisin bagel/cream cheese Orange slices 1% white milk	Cereal Great Grains Banana Nut Crunch cereal Sliced banana 1% white milk



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Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains

Recipes:

Spinach Egg Bake – <https://whatscooking.fns.usda.gov/recipes/Child-nutrition-cnp/spinach-egg-bake>

CACFP crediting: 1 serving provides 2 oz eq meat/meat alternate + $\frac{1}{4}$ cup vegetable

Vegetable Frittata – <https://whatscooking.fns.usda.gov/quantity/Child-nutrition-cnp/vegetable-frittata>

CACFP crediting: 1 serving provides 1 $\frac{1}{2}$ oz meat/meat alternate + $\frac{1}{4}$ cup vegetable



Pre-K School Lunch Menu* (cold lunch menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hard-boiled Egg</p> <p>Carrots Apple slices WG English muffin 1% white milk</p>	<p>Chicken Salad Sandwich#</p> <p>Cucumbers Mandarin oranges WG roll 1% white milk</p>	<p>Turkey & Swiss Sandwich on WG bread</p> <p>Leafy green salad (romaine/iceberg mix) w/ dressing Peach slices 1% white milk</p>	<p>Pasta Salad # (with WG pasta)</p> <p>Diced ham Vegetables (in pasta salad) Watermelon 1% white milk</p>	<p>Yogurt</p> <p>Celery Sliced grapes Great Grains Banana Nut Crunch cereal 1% white milk</p>
<p>Ham & Provolone Cheese Sandwich on WG Roll</p> <p>Pepper strips Mandarin oranges 1% white milk</p>	<p>Cottage Cheese</p> <p>Carrots Pineapple bits WG crackers 1% white milk</p>	<p>Fiesta Wrap ##</p> <p>Sliced cucumbers Sliced melon 1% white milk</p>	<p>Yogurt Parfait ###</p> <p>Zucchini/yellow squash strips Fruit (in parfait) Graham crackers 1% white milk</p>	<p>Turkey Salad Sandwich#</p> <p>Coleslaw Applesauce WG roll or WG bread 1% white milk</p>
<p>Barbeque Turkey Salad #</p> <p>Carrots Sliced apples WG roll 1% white milk</p>	<p>Ham & Swiss Sandwich on WG Bread</p> <p>Leafy green salad (baby spinach) w/ dressing Peach slices 1% white milk</p>	<p>Asian Salad (HM)#</p> <p>Pepper strips Mandarin oranges 1% white milk</p>	<p>Cottage Cheese</p> <p>Celery sticks Pears Muffin 1% White Milk</p>	<p>Hummus#</p> <p>Fresh broccoli Sliced peaches Pita bread 1% white milk</p>
<p>Yogurt Parfait ###</p> <p>Baby carrots Fruit (in parfait) WG crackers 1% white milk</p>	<p>Chicken Salad Sandwich#</p> <p>Cucumbers Sliced grapes WG roll or tortilla 1% white milk</p>	<p>Mediterranean Quinoa Salad #</p> <p>Mozzarella cheese stick Chick peas Mandarin Oranges 1% white milk</p>	<p>Turkey & Swiss Sandwich on WG Bread</p> <p>Celery sticks Pineapple bits 1% white milk</p>	<p>Pasta Salad # (with WG pasta)</p> <p>Cheese cubes Zucchini or yellow squash sticks Sliced melon 1% white milk</p>

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Recipes:

Chicken or Turkey Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-or-turkey-salad-0>

CACFP and NSLP crediting: 1/2 cup (#8 scoop) = 2 oz eq meat/meat alternate and 1/8 cup other vegetable

Pasta Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/pasta-salad-usda-recipe-e-080-cacfp>

CACFP crediting: 1 cup = 5/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 1 oz eq grains, 1/8 cup dk green veg, 1/8 cup r/o veg, 1/8 cup other veg and ¼ cup additional veg

Sesame Asian Noodle Chicken Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/sesame-asian-noodle-chicken-salad-usda-recipe-d560>

CACFP crediting: 1 cup = 1.5 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 1.5 oz eq meat/meat alternate, 1/8 cup r/o veg, 1/8 cup other veg and 1 oz eq grains

Barbeque Chicken or Turkey Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/barbecue-chicken-or-turkey-salad-usda-recipe-e-050-cacfp>

CACFP crediting: 1/2 cup (#8 scoop) = 2 oz meat/meat alternate and ¼ cup vegetable

NSLP crediting: ½ cup (#8 scoop) = 2 oz eq meat/meat/alternate and ¼ cup other vegetable

Mediterranean Quinoa Salad - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/mediterranean-quinoa-salad>

CACFP and NSLP crediting: 3/4 cup = 1 oz eq grains and 1/8 cup other vegetable

Hummus - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/hummus-0>

CACFP and NSLP crediting: ½ cup = 2 oz eq meat/meat alternate

Recipes:

Fiesta Wrap - <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

CACFP and NSLP crediting: 1 wrap provides 1 oz eq meat/meat alternate and 1 oz eq grains

Recipe:


Good Morning Yogurt Parfait - <https://www.milkmeansmore.org/recipe/good-morning-yogurt-parfait/>

CACFP and NSLP crediting: 1 serving provides 1.5 oz meat/meat alternate and ½ cup fruit

Pre-K School Lunch Menu* (hot lunch menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey & Bean Soup ^a Carrots Sliced grapes Cornbread 1% white milk	Salisbury Steak ^b Brussel sprouts Apple slices Egg noodles Gravy 1% white milk	Turkey Burger Steamed broccoli Orange slices WG bun 1% white milk	Spaghetti & Meat Sauce ^c Tomato sauce Peach slices WG Spaghetti noodles 1% white milk	Chicken Breast Sandwich & Harvest Delight ^d Apple slices Vegetable (Harvest Delight) WG bun 1% white milk
Cheese Pizza Peas & carrots Peach slices 1% white milk	Turkey Meatloaf ^e Mixed vegetables Sliced cantaloupe WG roll Gravy 1% white milk	Bean Burrito Bowl ^f Pinto beans Romaine lettuce w/ tomatoes Sliced pineapple Brown rice 1% white milk	Open Face Chicken Sandwich Green beans Mashed potatoes/Gravy WG roll 1% white milk	Sweet & Sour Pork Sweet & sour pork ^g Chinese vegetables ^h Mandarin oranges Brown rice 1% white milk
Chicken Fajitas ⁱ Bell pepper/salsa Pear slices WG Tortillas 1% white milk	Beef Shepherd's Pie ^j Peas & carrots Sliced melon WG Cornbread 1% white milk	Oven Baked Fish Cole slaw Orange slices Brown rice 1% white milk	Chicken Ratatouille ^k Ratatouille vegetables Sliced grapes WG Fettuccini 1% white milk	Grilled Cheese & Minestrone Soup ^l Vegetables (soup) Applesauce WG bread 1% white milk
Vegetable Chili ^m Cheese Stick Kidney beans Pear slices Cornbread 1% white milk	Chicken Stir Fry ⁿ Chicken + edamame Broccoli/carrots/peppers Pineapple chunks Brown rice 1% white milk	Zucchini Lasagna ^o Mozzarella/cottage cheese Zucchini/ Tomato sauce Orange slices WG breadstick 1% white milk	Oven Baked Chicken Steamed broccoli Applesauce Bread stuffing 1% white milk	Turkey & Beef Macaroni ^p Celery Mandarin oranges 1% white milk





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Recipes referenced:

^a Tuscan Smoked Turkey & Bean Soup - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tuscan-smoked-turkey-and-bean-soup>

CACFP and NSLP crediting: 1 cup = 1 ½ oz eq meat/meat alternate, 1/8 cup red/orange vegetable and 1/8 cup other vegetable

^b Salisbury Steak - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/salisbury-steak-usda-recipe-d-330-cacfp>

CACFP crediting: 1 steak = 2 oz meat/meat alternate and 0.25 serving grains/bread

NSLP crediting: 1 steak = 2 oz eq meat/meat alternate and 0.25 oz eq grains

^c Spaghetti & Meat Sauce - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/spaghetti-and-meat-sauce-usda-recipe-d350-0>

CACFP crediting: 1 cup (8 ounce spoodle) = 2 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup (8 ounce spoodle) = 2 oz eq meat/meat alternate, 3/8 cup red/orange vegetable and 1 oz eq grains

^d Harvest Delight (sweet potato, squash, and apple salad) - <https://fns-prod.azureedge.net/sites/default/files/tn/harvestdelight-cc.pdf>

CACFP crediting: ½ cup = ½ cup vegetable and 1/8 cup fruit

NSLP crediting: ½ cup = 3/8 cup red/orange veg, 1/8 cup other veg and 1/8 cup fruit

^e Turkey Meatloaf - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/turkey-meatloaf-usda-recipe-d27-cacfp>

CACFP crediting: 1 turkey slice and 1 roll = 2 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 turkey slice and 1 roll = 2 oz eq meat/meat alternate, 1/8 cup dk green veg, 1/8 cup additional veg and 1 oz eq grains

^f Bean Burrito Bowl - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/bean-burrito-bowl-usda-recipe-d-120a-cacfp>

CACFP crediting: 1 bowl = 1.5 oz meat/meat alternate, 5/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 bowl – 1.5 oz eq meat/meat alternate, 3/8 cup r/o veg, 1/8 cup other veg, 1/8 cup additional veg and 1 oz eq grains

^g Sweet & Sour Pork - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/sweet-and-sour-pork-usda-recipe-d36-cacfp>

CACFP crediting: ¾ cup (6 ounce spoodle) = 2 oz meat/meat alternate, 1/8 cup vegetable and 1/8 cup fruit

NSLP crediting: ¾ cup (6 ounce spoodle) = 2 oz eq meat/meat alternate, 1/8 cup additional vegetable and 1/8 cup fruit



^h Chinese Style Vegetables- <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chinese-style-vegetables-usda-recipe-i-090-cacfp>

¼ cup = ¼ cup vegetables

ⁱ Chicken Fajitas – <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-fajitas-usda-recipe-d-400-cacfp>

CACFP crediting: 1 fajita = 2 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 fajita = 2 oz eq meat/meat alternate, 1/8 cup starchy veg, 1/8 cup additional veg and 1 oz eq grains

^j Beef Shepherd's Pie - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/beef-shepherds-pie-usda-recipe-d-430-cacfp>

CACFP crediting: 1 serving = 2 oz meat/meat alternate and 5/8 cup vegetable

NSLP crediting: 1 serving = 2 oz eq meat/meat alternate, ½ cup starchy veg and 1/8 cup additional veg

^k Chicken Ratatouille - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-ratatouille-1>

CACFP and NSLP crediting: 3/8 cup (#10 scoop) = 1.5 oz meat/meat alternate and ¼ cup vegetable

^l Minestrone Soup - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/minestrone-soup-usda-recipe-h-070-cacfp>

CACFP crediting: 1 cup = ½ cup vegetable

NSLP crediting: 1 cup = 1/8 cup legume veg, 1/8 cup r/o veg and ¼ cup additional veg

^m Vegetable chili – <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/vegetable-chili-usda-recipe-d49-cacfp>

CACFP crediting: ¾ cup = 5/8 cup vegetable and 0.25 serving grains/bread

NSLP crediting: ¾ cup = ¼ cup legume veg, ¼ cup r/o veg, 1/8 cup other veg and 0.25 oz eq grains

ⁿ Chicken Stir Fry - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-stir-fry-usda-recipe-d-390-cacfp>

CACFP crediting: 1 cup = 2 oz meat/meat alternate, ½ cup vegetable and 1/8 cup fruit

NSLP crediting: 1 cup = 2 oz eq meat/meat alternate, 1/8 cup dk green veg, 1/8 cup r/o veg, ¼ cup additional veg and 1/8 cup fruit

^o Zucchini Lasagna - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/easy-zucchini-lasagna>

CACFP and NSLP crediting: 1 piece = 1 oz eq meat/meat alternate, ½ cup vegetable and ½ oz eq grains

^p Turkey & Beef Macaroni - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/turkey-and-beef-macaroni-usda-recipe-530-cacfp>

CACFP crediting: 1 cup = 2 oz meat/meat alternate, ½ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 2 oz eq meat/meat alternate, ½ r/o veg and 1 oz eq grains