

5-Day Grab and Go CACFP Meals for Children Ages 12-23 months

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| Total amount of each food needed for menu below | |
| 40 oz. whole milk (a little less than 5 cups) 6 oz (3/4 cup) strawberry yogurt 1.5 cups Cheerios 4 slices whole wheat bread 1 banana 3/4 cup blueberries | 3 oz deli turkey 2 oz sliced cheese 1 cheese stick (1 oz.) 1 medium sweet potato ¼ cup canned peaches ½ cup applesauce 5 graham crackers (2.5" x 5") |

MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|--|---|--|
| Breakfast | 4 oz milk ½ c. Cheerios ½ banana | 4 oz milk ½ slice toast ¼ cup blueberries | 4 oz milk ½ c. Cheerios ½ banana | 4 oz milk ½ slice toast ¼ cup blueberries | 4 oz milk ½ c. Cheerios ¼ c. blueberries |
| Lunch | 4 oz milk 1 oz turkey ½ slice bread 1/8* C sweet potato, baked 1/8* cup applesauce | 4 oz milk 1 oz turkey ½ slice bread 1/8* sweet potato, baked 1/8* cup peaches | 4 oz milk 1 oz cheese ½ slice bread 1/8* sweet potato, baked 1/8* cup applesauce | 4 oz milk 1 oz turkey ½ slice bread 1/8* sweet potato, baked 1/8* cup peaches | 4 oz milk 1 oz cheese ½ slice bread 1/8* cup sweet potato, baked 1/8* cup applesauce |
| Snack | 1 graham cracker ½ cheese stick | 1 graham cracker ¼ C (2 oz) yogurt | 1 graham cracker ¼ C (2 oz) yogurt | 1 graham cracker ½ cheese stick | 1 graham cracker ¼ C (2 oz) yogurt |

*1/8 Cup is approximately 2 tablespoons

Note: Yogurt must contain no more than 23 grams of total sugars per 6 ounces