

Grab and Go CACFP Meals for Children (ages 3-5)

5 Days

Total amount of each food needed for menu below	
60 oz. 1% unflavored milk 6 oz (3/4 cup) strawberry yogurt 1.5 cups Cheerios 1.5 slices whole wheat bread 1 oz whole wheat tortilla 1 oz crackers 3 oz deli turkey	1.5 oz sliced cheese 2 oz nut butter 4 cheese sticks (1 oz.) ½ c. cucumbers ¾ c. baby carrots 4.5 bananas 4 clementines 1 ¾ c. applesauce

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	6 oz milk ½ c. Cheerios 1 banana	6 oz milk ½ c. Cheerios 1 clementine	6 oz milk 2 oz yogurt 1 banana	6 oz milk ½ c. Cheerios ½ c. applesauce	6 oz milk 2 oz yogurt 1 banana
Lunch	6 oz milk 1 oz turkey ½ oz cheese ½ oz WW tortilla ¼ c. baby carrots ¼ c. applesauce	6 oz milk 1 oz nut butter 1 cheese stick ½ slice WW bread ¼ c. cucumbers ½ banana	6 oz milk 1 oz turkey ½ oz cheese ½ oz WW tortilla ¼ c. baby carrots ¼ c. applesauce	6 oz milk 1 oz nut butter 1 cheese stick ½ slice WW bread ¼ c. cucumbers 1 clementine	6 oz milk 1 oz turkey ½ oz cheese ½ slice WW bread ¼ c. baby carrots ¼ c. applesauce
Snack	2 oz yogurt 1 clementine	1 cheese stick ½ c. applesauce	½ oz crackers 1 cheese stick	2 oz yogurt 1 banana	½ oz crackers 1 clementine