

5-Day Grab and Go NC CACFP Meals for Adults

5 Days

Total amount of each food needed for menu below	
64 oz 1% milk (1/2 gallon) 12 oz strawberry yogurt* 5 cups Cheerios 15 slices whole wheat bread (1 LB) 3 bananas 1 ½ cups blueberries 4 oz deli turkey 4 oz tuna fish	4 oz sliced cheese 2 large sweet potatoes 1 cup canned peaches 1 ½ cups applesauce 6 TB peanut butter 5 oz crackers ½ cup pickles

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	8 oz milk 1 c. Cheerios 1 slice toast 1 banana	8 oz milk 1 c. Cheerios 1 slice toast ½ cup blueberries	8 oz milk 1 c. Cheerios 1 slice toast 1 banana	8 oz milk 1 c. Cheerios 1 slice toast ½ cup blueberries	8 oz milk 1 c. Cheerios 1 slice toast 1 banana
Lunch	8 oz milk 1 oz turkey 1 oz cheese 2 slices bread ½ sweet potato, baked ½ cup applesauce	6 oz. yogurt 1 oz turkey 1 oz cheese 2 slices bread ½ sweet potato, baked ½ cup applesauce	8 oz milk 1 oz turkey 1 oz cheese 2 slices bread ½ sweet potato, baked ½ cup applesauce	6 oz. yogurt 1 oz turkey 1 oz cheese 2 slices bread ½ sweet potato, baked ½ cup peaches	8 oz milk 2 oz tuna fish 2 slices bread ½ cup pickles ½ cup peaches
Snack	1 oz crackers 1 oz tuna fish w/ mayo	1 oz crackers 2 TB peanut butter	1 oz crackers 1 oz tuna fish w/ mayo	1 oz crackers 2 TB peanut butter	1 oz crackers 2 TB peanut butter

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