

# CACFP Healthier Kansas Menus – Spring-Summer 4-Week Cycle

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**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Fresh Strawberries Milk	Breakfast Pita Cantaloupe Cubes Milk	Mini Waffles with Syrup Mandarin Oranges Milk
<b>LUNCH:</b> Hot Ham & Cheese on a Bun Potato Wedges <b>OR</b> Broccoli Florets Fruit Cocktail Milk	Pepperoni Pizza Cherry Tomatoes <b>OR</b> Tossed Salad Fresh Orange Milk	Taco Burger on a Bun Refried Beans Dark Green Leaf Lettuce & Tomato Slice Fresh Banana Milk	Lasagna Garden Salad Fresh Apple Slices Milk	Chicken Patty Dinner Roll Mashed Potatoes with Gravy <b>OR</b> Steamed Asparagus Sliced Pears Milk
<b>SNACK:</b> Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

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## WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Apple Slices Milk	Biscuit & Gravy Pineapple Chunks Milk	Toast with Peanut Butter Fresh Citrus Fruit Cup Milk	Blueberry Mini Muffins Fresh Grapes Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
<b>LUNCH:</b> Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Tropical Fruit Milk	Super Nachos Southwestern Lentils Fresh Mixed Fruit Cup Milk	Cheese Breadstick with Marinara Sauce Yogurt Seasoned Corn <b>OR</b> Tossed Salad Fresh Kiwi Milk	Pulled Pork on a Bun Creamy Cole Slaw <b>OR</b> Baked Beans Fresh Strawberries Milk	Rock & Roll Beef Wrap with Cheese Steamed Carrots Fresh Pineapple Milk
<b>SNACK:</b> Tortilla with Banana and Honey** Milk	Broccoli Florets with Ranch Dressing Cheese Stick Water	Peach Smoothie Graham Crackers Water	Cheese Quesadilla Tomato Salsa Water	Apple Slices Peanut Butter/Yogurt Dip Water

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\*\*Honey is not recommended for children under 1 year of age.

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## WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Banana Milk	Mini Waffles with Syrup Fresh Watermelon Chunks Milk	Breakfast Pizza Peach Slices Milk	Excellent Egg Tacos Fresh Kiwi Milk	Muffin Pineapple Chunks Milk
<b>LUNCH:</b> Chicken Tetrazzini Seasoned Peas <b>OR</b> Tossed Salad Apricot Halves Milk	Hamburger on a Bun Oven Fries <b>OR</b> Red Bell Pepper Strips Fresh Clementine Milk	Beef & Noodles Yogurt Mashed Potatoes <b>OR</b> Green Beans Fresh Grapes Milk	Baked Chicken Drumstick Savory Rice Fresh Broccoli <b>OR</b> Cherry Tomatoes Fresh Mango Milk	Yummy Sloppy Joe on a Bun with Cheese Roasted Red Potatoes <b>OR</b> Edamame Fresh Apple Slices Milk
<b>SNACK:</b> Rice Cakes Applesauce Milk	Cherry Tomatoes Snack Crackers Milk	Cottage Cheese Pineapple Water	Celery with Peanut Butter Milk	Cheese Snack Crackers Dried Cranberries Milk

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## WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Cantaloupe Cubes Milk	Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Milk	Pancake on a Stick Watermelon Cubes Milk
<b>LUNCH:</b> Beef & Bean Burrito Romaine Lettuce & Tomato <b>OR</b> Mexican Corn Fresh Banana Milk	Stromboli Squares Garden Salad Diced Peaches Milk	BBQ Beef on a Bun Fresh Snow Peas <b>OR</b> Baked Beans Summer Fruit Salad Milk	Turkey & Cheese on a Sub Bun Dark Green Leaf Lettuce & Tomato Slice <b>OR</b> Sweet Potato Fries Fresh Kiwi Milk	Country Style Beef Patty Mashed Potatoes with Gravy <b>OR</b> Steamed Broccoli Fresh Pineapple Milk
<b>SNACK:</b> Mandarin Oranges Snack Crackers Milk	Baby Carrots with Ranch Dressing Milk	Blackberries String Cheese Water	Bell Pepper Strips Hummus Milk	Fresh Strawberries Yogurt Water

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