

2018-2019 CACFP 5 WEEK CYCLE MENU FOR AFTER SCHOOL PROGRAM

This institution is an Equal Opportunity Provider.* * Snack/Dinner served family style at BES & NES & BMU 3:15-3:45. * Menus are subject to change without notice. * Dinner meals are offered free of charge to all enrolled after school program participants during regular After School Program days. * Students may opt to take a complete meal, a full or snack size portion of any or all foods/beverages served, or refuse all.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Build Your Own Pizza Snackers!</u> Whole Grain Flatbread Sq. (6) Marinara ($\frac{1}{4}$ cup) Shredded Mozzarella (2 oz) Pepper Strips ($\frac{1}{4}$ cup) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	<u>Make Your Own Parfait!</u> Low-fat Vanilla Yogurt (1c) Strawberries (1/4 c) Whole Grain Banana Bread (1 Slice) Colorful Cauliflower ($\frac{1}{2}$ cup) Low-fat Ranch (2T) 1% White Milk (8 oz)	Cold Cereal (1) Orange Wedges (2= $\frac{1}{4}$ cup) Mini Sweet Peppers ($\frac{1}{2}$ cup) Homemade Hummus ($\frac{1}{4}$ cup) Hard Boiled Eggs (1) 1% White Milk (8 oz)	<u>Create Your Own Chef Salad!</u> Fresh Greens ($\frac{1}{2}$ cup)* Carrots ($\frac{1}{8}$ c) & Cukes ($\frac{1}{4}$ c. each) Turkey(1.6 oz) Cheese (1 oz) Whole Grain Breadstick (1) Low fat Dressing (2 T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	Cheddar Cheese (2 oz) WG Crackers (3 packs = 6 crackers) Cucumber Slices (3= $\frac{1}{4}$ cup) Baby Carrots (3= $\frac{1}{4}$ cup) Low-fat Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)
Egg Salad (1/3 cup) WG Pita or Flatbread (1) Veggie Sticks ($\frac{1}{2}$ cup) Low-fat Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	WG Soft Pretzel (1) String Cheese (1- 1oz) Yogurt Cup (1- 4 oz) Pineapple ($\frac{1}{4}$ cup) Seasonal Fresh Veggies ($\frac{1}{2}$ Cup) 1% White Milk (8 oz)	WG Tortilla Chips (1 oz = 10) Fresh Salsa ($\frac{1}{4}$ cup) Shredded Cheddar (2 oz) Low Fat Sour Cream (2 T) Shredded Romaine ($\frac{1}{2}$ cup*) Fruit Cup ($\frac{1}{2}$ cup) 1% White Milk (8 oz)	Whole Grain Bagel (1) Sunbutter (2.2 oz) Celery Sticks ($\frac{1}{2}$ cup=6) Raisins ($\frac{1}{8}$ c measured) 1% White Milk (8 oz)	Turkey & Cheese Wrap (1) Mayo & Mustard Packet (1 ea) Shredded Lettuce ($\frac{1}{2}$ cup*) Tomato Slice (2= $\frac{1}{8}$ cup) Matchstick Carrots ($\frac{1}{8}$ cup) Petite Ripe Banana (1= $\frac{1}{2}$ c) 1% White Milk (8 oz)
Cheddar Cheese (2 oz) WG Crackers (3 packs = 6 crackers) Cucumber Slices (3= $\frac{1}{4}$ cup) Baby Carrots (3= $\frac{1}{4}$ cup) Low-fat Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	<u>Build Your Own Chef Salad!</u> Fresh Greens ($\frac{1}{2}$ cup)* Carrots ($\frac{1}{8}$ cup) & Cukes ($\frac{1}{4}$ c.) Chef's Choice Meat/Cheese (2 oz creditable) WG Breadstick (1) Low fat Dressing (2 T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	<u>Make Your Own Parfait!</u> Low-fat Vanilla Yogurt (1c) Blueberries ($\frac{1}{4}$ c) Fresh Seasonal Veggies ($\frac{1}{2}$ cup) WG Apple Cinnamon Muffin (1) 1% White Milk (8 oz)	Ham & Cheese on a WG Bun(1 sand) Lettuce ($\frac{1}{2}$ C*) Tomato Slices (2 = 1/8 cup) Cucumber Slices (3 = $\frac{1}{4}$ cup) Mayo/Must Packet (1 ea) Fresh Apple (1= $\frac{1}{2}$ cup) 1% White Milk (8 oz)	Chicken Salad ($\frac{1}{4}$ c=2 oz) WG Pretzel Bun (1 each) Veggie Sticks ($\frac{1}{2}$ cup) Low-fat Dressing (2T) Grapes ($\frac{1}{4}$ cup) 1% White Milk (8 oz)
<u>Make Your Own Parfait!</u> Low-fat Vanilla Yogurt(1c) Peaches ($\frac{1}{4}$ cup) Roasted Chickpea Poppers ($\frac{1}{4}$ cup) Veggie Sticks ($\frac{1}{4}$ cup) WG Blueberry Bread (1) 1% White Milk (8 oz)	<u>Cracker Stackers!</u> WG Crackers (3 packs = 6 crackers) Cheddar Cheese (2 oz) Fruit Cocktail ($\frac{1}{4}$ cup) Cucumber Slices (6 slices = $\frac{1}{2}$ c) Low-Fat Dressing (2T) 1% White Milk (8 oz)	<u>Whole Grain Gobbler!</u> Turkey & Cheddar on a Whole Grain Bun (1 sand) Mayo & Mustard Packet (1 ea) Shredded Lettuce ($\frac{1}{2}$ cup*) Grape Tomatoes (4= $\frac{1}{4}$ cup) Cantaloupe Melon (1 wedge= $\frac{1}{4}$ c) 1% White Milk (8 oz)	<u>Do you know the Muffin Man?</u> Chef's Choice WG Muffin (1) Orange Wedges (2= $\frac{1}{4}$ c) Fresh Seasonal Veggie ($\frac{1}{2}$ cup) Low-fat Dip (2T) Hard Boiled Egg (1) 1% White Milk (8 oz)	<u>Make Your Own Chef Salad!</u> Fresh Greens ($\frac{1}{2}$ cup)*. Carrots ($\frac{1}{8}$ c) & Cukes ($\frac{1}{4}$ c.) Ham (1.5 oz) Cheese (1 oz) WG Breadstick (1) Low fat Dressing (2 T) Kiwi (1 whole= $\frac{1}{8}$ cup) 1% White Milk (8 oz)

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<p>WG Tortilla Chips (1 oz = 10) Fresh Salsa ($\frac{1}{4}$ cup) Shredded Cheddar (2 oz) Low Fat Sour Cream (2 T) Shredded Romaine ($\frac{1}{2}$ cup*) Fruit Cup ($\frac{1}{4}$ cup) 1% White Milk (8 oz)</p>	<p>Ham & Provo in a WG Bun or Wrap (1) Lettuce ($\frac{1}{2}$ cup measured*) Cucumber Slices (3 slices= 1/4 cup) Fresh Apple (1=$\frac{1}{2}$ cup) 1% White Milk (8 oz)</p>	<p>Whole Wheat Bread Stick (1) Marinara ($\frac{1}{4}$ cup) String Cheese (2- 1 oz sticks) Baby Carrots ($\frac{1}{4}$ cup) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)</p>	<p>Tuna Salad (1/3 cup) WG Hot Dog Bun (1) Mini Pretzels (.4 oz = $\frac{1}{4}$ cup) Fresh Vegetable Sticks ($\frac{1}{2}$ cup) Low Fat Ranch Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)</p>	<p>Soft WG Pretzel (1) Cottage Cheese ($\frac{1}{2}$ cup=2 oz) Pears ($\frac{1}{4}$ Cup) Baby Carrots ($\frac{1}{2}$ cup) 1% White Milk (8 oz)</p>
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