

THE LITTLE VILLAGE

WEEKLY MENU SAMPLE

USDA REQUIREMENTS

As part of the USDA Child and Adult Food Program (CACFP), I follow specific nutrition guidelines to ensure children receive well- balanced, age- appropriate meals each day.

MON

B

oatmeal
apples
milk

L

chicken
potato wedges
corn
whole grain roll
milk

S

blueberry
muffin
milk

TUE

life cereal
pears
milk

hamburger
lettuce
tomato
whole grain
tortillas
cheese
milk

chex cereal mix
oranges
milk

WED

English muffins
bananas
milk

swedish
meatballs
(hamburger)
peas
pineapple
whole grain rice
milk

cheese
cucumbers
ranch
saltine crackers
water

THU

Cheerios
peaches
milk

egg salad
(boiled egg,
mayonnaise)
tomato soup
bananas
whole grain
bread
milk

bagels
cream cheese
pears
water

FRI

french toast
applesauce
milk

teriyaki chicken
carrots
green beans
whole grain rice
milk

yogurt
blueberries
water