

5-Day Grab and Go CACFP Meals for Adults

Total amount of each food needed per participant for the 5-day menu below	
64 fl. oz. skim or 1% milk (1/2 gallon) 12 oz. strawberry yogurt* 5 oz. eq. Cheerios (~5 Cups) 15 oz. eq. whole wheat bread (~15 slices) 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. eq. crackers ½ cup pickles

MENU

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

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