

5-Day Grab and Go CACFP Meals for Children Ages 1-2

Total amount of food needed per participant for the 5-day menu below	
40 fl. oz. milk (5 cups) ¹ 6 oz. (3/4 cup) strawberry yogurt ² 1.5 oz. eq. Cheerios (1.5 cups) 4 oz. eq. whole wheat bread (4 slices) 1 banana 3/4 cup blueberries 1 medium sweet potato	3 oz. deli turkey 2 oz. sliced cheese 1 cheese stick (1 oz.) ¼ cup canned peaches ½ cup applesauce 2.5 oz. eq. graham crackers (5 crackers, 2.5" x 5")

¹ Must be unflavored whole milk for children age 1(12-23 months). Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children age 2 (24-35 months).

²Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	4 fl. oz. milk ½ oz. eq. Cheerios (½ cup) ½ banana	4 fl. oz. milk ½ oz. eq. toast (½ slice) ¼ cup blueberries	4 fl. oz. milk ½ cup Cheerios ½ banana	4 fl. oz. milk ½ slice toast ¼ cup blueberries	4 fl. oz. milk ½ cup Cheerios ¼ cup blueberries
Lunch	4 fl. oz. milk 1 oz. turkey ½ oz. eq. bread (½ slice) 1/8* cup sweet potato, baked 1/8 cup applesauce	4 fl. oz. milk 1 oz. turkey ½ slice bread 1/8 cup sweet potato, baked 1/8 cup peaches	4 fl. oz. milk 1 oz. sliced cheese ½ slice bread 1/8 cup sweet potato, baked 1/8 cup applesauce	4 fl. oz. milk 1 oz. turkey ½ slice bread 1/8 cup sweet potato, baked 1/8 cup peaches	4 fl. oz. milk 1 oz. sliced cheese ½ slice bread 1/8 cup sweet potato, baked 1/8 cup applesauce
Snack	½ cheese stick ½ oz. eq. graham crackers (1 cracker, 2.5" x 5")	¼ cup yogurt (2 oz.) 1 graham cracker	¼ cup yogurt 1 graham cracker	½ cheese stick 1 graham cracker	¼ cup yogurt 1 graham cracker

*1/8 cup is approximately 2 tablespoons.