

## 5-Day Grab and Go CACFP Meals for Children Ages 3-5 years

Total amount of each food needed per participant for the 5-day menu below	
60 fl. oz. unflavored skim or 1% milk 8 oz. strawberry yogurt (1 cup) 1.5 oz. eq. Cheerios (1.5 cups) 1.5 oz. eq. whole wheat bread (1.5 slices) 1 oz. eq. whole wheat tortilla (1 flour tortilla, 6") 1 oz. eq. crackers 3 oz. deli turkey	1.5 oz sliced cheese 2 oz. nut butter (~4 Tablespoons) 4 cheese sticks (1 oz. each) ½ cup cucumbers ¾ cup baby carrots 4.5 bananas 4 clementines 1 ¾ cups applesauce

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

### MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	6 fl. oz. milk ½ oz. eq. Cheerios (1/2 cup) 1 banana	6 fl. oz. milk ½ cup Cheerios 1 clementine	6 fl. oz. milk ¼ cup yogurt (2 oz.) 1 banana	6 fl. oz. milk ½ cup Cheerios ½ cup applesauce	6 fl. oz. milk ¼ cup yogurt 1 banana
<b>Lunch</b>	6 fl. oz. milk 1 oz. turkey ½ oz. sliced cheese ½ oz. eq. WW tortilla (½ 6" flour tortilla) ¼ cup baby carrots ¼ cup applesauce	6 fl. oz. milk 1 oz. nut butter 1 cheese stick ½ slice WW bread ¼ cup cucumbers ½ banana	6 fl. oz. milk 1 oz. turkey ½ oz. cheese ½ WW tortilla ¼ cup baby carrots ¼ cup applesauce	6 fl. oz. milk 1 oz. nut butter 1 cheese stick ½ slice WW bread ¼ cup cucumbers 1 clementine	6 fl. oz. milk 1 oz. turkey ½ oz. sliced cheese ½ slice WW bread ¼ cup baby carrots ¼ cup applesauce
<b>Snack</b>	¼ cup yogurt 1 clementine	½ cup applesauce 1 cheese stick	½ oz. eq. crackers 1 cheese stick	¼ cup yogurt 1 banana	½ oz. eq. crackers 1 clementine