

5-Day Grab and Go CACFP Meals for Children Ages 6-12 and 13-18

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| Total amount of each food needed per participant for the 5-day menu below | |
| 80 fl. oz. skim or 1% milk 3 oz. eq. Cheerios (3 cups) 2 oz. eq. Kix (2.5 cups) 5 bananas 3 oz. turkey 3 oz. sliced cheese 3 oz. cheese sticks 3 oz. eq. tortillas (3 flour tortillas, 6") 2 oz. eq. WW bread (2 slices) | 1 ½ sweet potatoes ¾ cup pineapple 1 cup baby carrots ½ cup applesauce 10 tablespoons (~2/3 cup) nut butter 3 oz. eq. savory crackers 2 oz. eq. graham crackers (4 crackers, 2.5" x 5") 1 ½ cup blueberries |

MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|--|--|
| Breakfast | 8 fl. oz. milk 1 oz. eq. Cheerios (1 cup) 1 banana | 8 fl. oz. milk 1 oz. eq. Kix (1 ¼ cups) 1 banana | 8 fl. oz. milk 1 cup Cheerios 1 banana | 8 fl. oz. milk 1 ¼ cups Kix 1 banana | 8 fl. oz. milk 1 cup Cheerios 1 banana |
| Lunch | 8 fl. oz. milk 1 oz. turkey 1 oz. sliced cheese 1 oz. eq. tortilla (1 tortilla) ½ sweet potato, baked ¼ cup pineapple | 8 fl. oz. milk 2 TB nut butter 1 oz. cheese stick 1 oz. eq. bread (1 slice) ½ cup baby carrots ¼ cup applesauce | 8 fl. oz. milk 1 oz. turkey 1 oz. sliced cheese 1 tortilla ½ sweet potato, baked ¼ cup pineapples | 8 fl. oz. milk 2 TB nut butter 1 oz. cheese stick 1 slice bread ½ cup baby carrots ¼ cup applesauce | 8 fl. oz. milk 1 oz. turkey 1 oz. sliced cheese 1 tortilla ½ sweet potato, baked ¼ cup pineapples |
| Snack | 1 oz. eq. crackers 2 TB nut butter | 1 oz. eq. Graham crackers (2 crackers) ¾ cup blueberries | 1 oz. eq. crackers 2 TB nut butter | 2 Graham crackers ¾ cup blueberries | 1 oz. eq. crackers 2 TB nut butter |