

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

Total amount of each food needed for menu below	
40 oz. unflavored whole milk** (a little less than 5 cups) 6 oz (3/4 cup) strawberry yogurt 1.5 cups Cheerios 4 slices whole wheat bread 1 banana 3/4 cup blueberries	3 oz deli turkey 2 oz sliced cheese 1 cheese stick (1 oz.) 1 medium sweet potato ¼ cup canned peaches ½ cup applesauce 5 graham crackers (2.5" x 5")

MENU

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

*1/8 Cup is approximately 2 tablespoons

**Milk must be unflavored and low-fat (1 percent) or fat-free (skim) for children 2-5 years

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