

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

Total amount of each food needed for menu below	
80 oz 1% milk 3 ¾ cups Cheerios 5 bananas 3 oz turkey 3 oz sliced cheese 3 oz cheese sticks 3 tortillas (1 oz) 2 slices WW bread	1 ½ sweet potatoes ¾ cup pineapple 1 cup baby carrots ½ cup applesauce 10 TB nut butter 3 oz savory crackers 2 oz Graham crackers 1 ½ cup blueberries

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	8 oz milk ¾ c. Cheerios 1 banana	8 oz milk ¾ c. Kix 1 banana	8 oz milk ¾ c. Cheerios 1 banana	8 oz milk ¾ c. Kix 1 banana	8 oz milk ¾ c. Cheerios 1 banana
Lunch	8 oz milk 1 oz turkey 1 oz cheese 1 oz tortilla ½ sweet potato, baked ¼ c. pineapples	8 oz milk 2 TB nut butter 1 oz cheese stick 1 slice bread ½ cup baby carrots ¼ c. applesauce	8 oz milk 1 oz turkey 1 oz cheese 1 oz tortilla ½ sweet potato, baked ¼ c. pineapples	8 oz milk 2 TB nut butter 1 oz cheese stick 1 slice bread ½ cup baby carrots ¼ c. applesauce	8 oz milk 1 oz turkey 1 oz cheese 1 oz tortilla ½ sweet potato, baked ¼ c. pineapples
Snack	1 oz crackers 2 TB peanut butter	1 oz Graham crackers ¾ cup blueberries	1 oz crackers 2 TB peanut butter	1 oz Graham crackers ¾ cup blueberries	1 oz crackers 2 TB peanut butter