

CACFP MENU PLANNER

FACILITY NAME: MORNING STAR ACADEMY

DATE: 2019-2020

DARK GREEN	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Mixed Fruit	¼ c	½ c	½ c	Applesauce	¼ c	½ c	½ c	Honeydew Melon	¼ c	¼ c	½ c	Strawberries	¼ c	½ c	½ c	Mixed Berries	¼ c	¼ c	½ c
Fruit/vegetable	Cheerios	½ c	½ c	1 c	WG Toast	½ S	½ s	1 s	Chex Cereal	¾ c	¾ c	1 ¼ c	Cornflakes	½ c	½ c	¾ c	Cinnamon	¼ c	¼ c	½ c
Grain (or meat/meat alt 3/wk)																	Oatmeal			
AM SNACK																				
LUNCH	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Diced Pears	1/8 c	¼ c	¼ c	Watermelon	1/8 c	¼ c	¼ c	Pineapple Chunks	1/8 c	¼ c	¼ c	Sliced Apples	1/8 c	¼ c	¼ c	Mixed fruit	1/8 c	¼ c	¼ c
Fruit	Vegetable Stir Fry	1/8 c	¼ c	½ c	Shredded	¼ c	½ c	1 c	Steamed Broccoli	1/8 c	¼ c	½ c	California Blend	1/8 c	¼ c	½ c	Cooked Carrots	1/8 c	¼ c	½ c
Vegetable	WG Bun	½ s	½ s	1 s	Lettuce				WG Crackers	½ s	½ s	1 s	WG Bagel	½ s	½ s	1 s	Garlic Bread	½ s	½ s	1 s
Grain	Grilled Chicken	1 oz	1 ½ oz	2 oz	Corn Tortilla	½ s	½ s	1 s	HM Beef / Bean	1 oz	1 ½ oz	2 oz	Cheese Pizza	1 oz	1 ½ oz	2 oz	HM Beef	1 oz	1 ½ oz	2 oz
Meat/meal alt.					Beef / Cheese Taco	1 oz	1 ½ oz	2 oz	Chili								Spaghetti			
PM SNACK	Applesauce	½ c	½ c	¾ c	Diced Peaches	½ c	½ c	¾ c	HM Fruit Smoothie	4 oz	4 oz	6 oz	HM Guacamole	½ c	½ c	¾ c	String Cheese	½ oz	½ oz	1 oz
(choose two):	Chocolate Graham	½ s	½ s	¾ s	Cottage Cheese				WG Triscuit				Corn Tortilla				Chocolate			
Milk	Crackers					½ oz	½ oz	1 oz	Crackers	½ s	½ s	1 s	Chips	½ s	½ s	1 s	Graham	½ s	½ s	1 s
Fruit																	Crackers			
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

- | | |
|---|--|
| <p>Milk</p> <p>1 year olds: Whole Milk</p> <p>2-5 year olds: 1% or Skim</p> <p>6 years +: 1% or Skim</p> <p>*Menus are subject to change</p> | <p>Key</p> <p>WG = whole grain or whole grain rich</p> <p>HM = homemade</p> <p>CN = child nutrition label</p> |
|---|--|

CACFP MENU PLANNER

FACILITY NAME: MORNING STAR ACADEMY

DATE: 2019-2020

PURPLE	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8oz	MILK	4 oz	6 oz	8 oz
Milk	Diced Peaches	¼ c	½ c	½ c	Applesauce	¼ c	½ c	½ c	Mandarins	¼ c	½ c	½ c	Banana				Pear Chunks	¼ c	½ c	½ c
Fruit/vegetable	Cheerios	½ c	½ c	1 c	Rice Cereal	¾ c	¾ c	1 ¼ c	Multigrain Cheerios	½ c	½ c	1 c	WG Toast				Honey Bunches of Oats Cereal	½ c	½ c	1 c
Grain (or meat/meat alt 3/wk)																				
AM SNACK																				
LUNCH	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Fruit Cocktail	1/8 c	¼ c	¼ c	Orange wedges	1/8 c	¼ c	¼ c	Pineapple Chunks	1/8 c	¼ c	¼ c	Peas	1/8 c	¼ c	¼ c	Watermelon	1/8 c	¼ c	¼ c
Fruit	HM Greek Salad	¼ c	½ c	1 c	Steamed Carrots	1/8 c	¼ c	½ c	Broccoli	1/8 c	¼ c	½ c	Mashed Potatoes	1/8 c	¼ c	½ c	Green Beans	1/8 c	¼ c	½ c
Vegetable	Pita	½ s	½ s	1 s	WG Bread	½ s	½ s	1 s	WG Brown Rice	½ s	½ s	1 s	Gravy				WG Tortillas	½ s	½ s	1 s
Grain	Shredded Chicken	1 oz	1 ½ oz	2 oz	Turkey / Cheese Sandwich	1 oz	1 ½ oz	2 oz	HM Chicken Teriyaki	1 oz	1 ½ oz	2 oz	Cornbread	½ s	½ s	1 s	HM Chicken / Cheese Quesadillas	1 oz	1 ½ oz	2 oz
Meat/meal alt.													HM Meatloaf	1 oz	1 ½ oz	2 oz				
PM SNACK	HM Fruit Smoothie	2 oz	2 oz	4 oz	String Cheese	½ oz	½ oz	1 oz	Baby Carrots	½ c	½ c	¾ c	HM Salsamole	½ c	½ c	¾ c	Vanilla Yogurt	2 oz	2 oz	4 oz
(choose two):	WG Triscuit	½ s	½ s	1 s	Ranch Wheat Thins	½ s	½ s	1 s	Celery Sticks	½ c	½ c	¾ c	Pita Crackers	½ s	½ s	1 s	Mixed Berries	½ c	½ c	¾ c
Milk																				
Fruit																				
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

- | | |
|---|--|
| <p><u>Milk</u>
 1 year olds: Whole Milk
 2-5 year olds: 1% or Skim
 6 years +: 1% or Skim</p> | <p><u>Key</u>
 WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label</p> |
|---|--|

*Menus are subject to change

CACFP MENU PLANNER

FACILITY NAME: Morning Star Academy

DATE:2019-2020

YELLOW					MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+									
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8oz	MILK	4 oz	6 oz	8 oz									
Milk	Diced Cantaloupe	¼ c	¼ c	½ c	Sliced Apples	¼ c	½ c	½ c	Mixed Berries	¼ c	½ c	½ c	Banana	¼ c	½ c	½ c	Orange Wedges	¼	½	½									
Fruit/vegetable	French Toast	½ s	½ s	1 s	Scrambled Eggs	½ oz	¾ oz	1 oz	Kix Cereal	¾ c	¾ c	1 ¼ c	Rice Cereal	¾ c	¾ c	1 ¼ c	Berry Kix Cereal	¾ c	¾ c	1 ¼ C									
Grain (or meat/meat alt 3/wk)	Sticks																												
AM SNACK																													
LUNCH	MILK	4oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz									
Milk	Applesauce	1/8 c	¼ c	½ c	HM Fruit Cobbler	1/8 c	¼ c	¼ c	Diced Peaches	1/8 c	¼ c	¼ c	Diced Pears	1/8 c	¼ c	¼ c	Mixed Fruit	1/8 c	¼ c	¼ c									
Fruit	Tossed Salad	¼ c	½ c	1 c	Broccoli Blend	1/8 c	¼ c	½ c	Green Beans	1/8 c	¼ c	½ c	Steamed Carrots	1/8 c	¼ c	½ c	Shredded Lettuce	¼ c	½ c	1 c									
Vegetable	Corn Tortillas	½ s	½ s	1 s	WG Bread	½ s	½ s	1 s	WG Bread	½ s	½ s	1 s	Cornbread	½ s	½ s	1 s	WG Fish Crackers	½ s	½ s	1 s									
Grain	Chips				Grilled Cheese	½ oz	½ oz	1 oz	HM Beef /	1 oz	1 ½ oz	2 oz	HM Bean /	1 oz	1 ½ oz	2 oz	CHEF SALAD												
Meat/meal alt.	Beef / Cheese Nacho	1 oz	1 ½ s	2 oz	Yogurt	½ oz	1oz	1 oz	Cheese Mac				Chicken Chili				Turkey / Ham Lunchmeat	1oz	1 ½ oz	2 oz									
																	Boiled Egg / Cheese												
PM SNACK	Pretzel Sticks	½ s	½ s	1 s	Salsa	½ c	½ c	¾ c	Strawberries	½ c	½ c	¾ c	Cubed Cheese	½ oz	½ oz	1 oz	Tomato Basil	½ s	½ s	1 s									
(choose two):	Cup of Cheese	½ oz	½ oz	1 oz	Corn Tortilla Chips	½ s	½ s	1 s	Vanilla Yogurt	2 oz	2 oz	4 oz	WG Crackers	½ s	½ s	1 s	Wheat Thins												
Milk																	String Cheese	½ oz	½ oz	1 oz									
Fruit																													
Vegetable																													
Grain																													
Meat/meal alt.																													

Water is always available and offered throughout the day.

- | | |
|---|--|
| <p><u>Milk</u>
 1 year olds: Whole Milk
 2-5 year olds: 1% or Skim
 6 years +: 1% or Skim
 *Menus are subject to change</p> | <p><u>Key</u>
 WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label</p> |
|---|--|

CACFP MENU PLANNER

FACILITY NAME: Morning Star Academy

DATE:2019-2020

BLUE	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Diced Peaches	¼ c	½ c	½ c	Applesauce	¼ c	½ c	½ c	Mandarins	¼ c	½ c	½ c	Blueberries	¼ c	½ c	½ c	Diced Pears	¼ c	½ c	½ c
Fruit/vegetable	Oatmeal	¼ c	¼ c	½ c	Multigrain	¼ c	¼ c	½ c	Cornflakes	¼ c	¼ c	½ c	French Toast	½ s	½ s	1 s	Crispix Cereal	¾ c	¾ c	1 ¼ c
Grain (or meat/meat alt 3/wk)					Cheerios								Sticks							
AM SNACK																				
LUNCH	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Watermelon	1/8 c	¼ c	¼ c	Sliced Apples	1/8 c	¼ c	¼ c	Pineapple Chunks	1/8 c	¼ c	¼ c	Mixed Fruit	1/8 c	¼ c	¼ c	Fruit Salad	1/8 c	¼ c	¼ c
Fruit	Baked Fries	1/8 c	¼ c	½ c	Corn	1/8 c	¼ c	½ c	Cabbage Slaw	1/8 c	¼ c	½ c	HM Sesame	1/8 c	¼ c	½ c	Hash browns	1/8 c	¼ c	½ c
Vegetable	WG Buns	½ s	½ s	1 s	WG Crackers	½ s	½ s	1 s	WG Bun	½ s	½ s	1 s	Green Beans				Biscuit	½ s	½ s	1 s
Grain	Beef Sloppy Joe	1 oz	1 ½ oz	2 oz	HM Ham / Cheese Lunchable	1 oz	1 ½ oz	2 oz	HM BBQ Pulled Pork	1 oz	1 ½ oz	2 oz	WG Tortilla	½ s	½ s	1 s	Cheesy	1 oz	1 ½ oz	2 oz
Meat/meal alt.													Cheese Pizzadilla	1 oz	1 ½ oz	2 oz	Scrambled Eggs			
PM SNACK	Salsa	½ c	½ c	¾ c	String Cheese	½ oz	½ oz	1 oz	Vanilla Yogurt	2 oz	2 oz	4 oz	HM Tomato Salad	½ c	½ c	¾ c	Original Wheat Thins	½ s	½ s	1 s
(choose two):	Pita Crackers	½ s	½ s	1 s	Chocolate Teddy Grahams	½ s	½ s	1 s	Mixed Berries	½ c	½ c	¾ c	Corn Tortilla Chips	½ s	½ s	1 s	Cubed Cheese	½ oz	½ oz	1 oz
Milk																				
Fruit																				
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

- Milk**
 1 year olds: Whole Milk
 2-5 year olds: 1% or Skim
 6 years +: 1% or Skim
- Key**
 WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label

*Menus are subject to change

CACFP MENU PLANNER

FACILITY NAME: Morning Star Academy

DATE:2019-2020

LIME GREEN	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Orange Wedges	¼ c	½ c	½ c	Mixed Fruit	¼ c	½ c	½ c	Mixed Berries	¼ c	½ c	½ c	Banana	¼ c	½ c	½ c	Applesauce	¼ c	½ c	½ c
Fruit/vegetable	WG Toasted	½ s	½ s	1 s	Life Cereal	¾ c	¾ c	1 ¼ c	Pancakes	½ s	½ s	1 s	Mini Frosted	¾ c	¾ c	1 ¼ c	Rice Cereal	¾ c	¾ c	1 ¼ c
Grain (or meat/meat alt 3/wk)	English Muffin												Wheats							
AM SNACK																				
LUNCH	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Peas	1/8 c	¼ c	¼ c	Mandarins	1/8 c	¼ c	¼ c	Diced Peaches	1/8 c	¼ c	¼ c	Sliced Apple	1/8 c	¼ c	¼ c	Orange Wedges	1/8 c	¼ c	¼ c
Fruit	Corn	1/8 c	¼ c	½ c	Broccoli	1/8 c	¼ c	½ c	Tossed Salad	¼ c	½ c	1 c	Celery	1/8 c	¼ c	½ c	Yum Salad	¼ c	½ c	1 c
Vegetable	Garlic Bread	½ s	½ s	1 s	WG Tortillas	½ s	½ s	1 s	Corn Tortilla	½ s	½ s	1 s	WG Bun	½ s	½ s	1 s	WG Bread	½ s	½ s	1 s
Grain	HM Baked Beef / Cheese	1 oz	1 ½ oz	2 oz	Hot Turkey / Cheese Roll- ups	1 oz	1 ½ oz	2 oz	HM Chicken Fajitas	1 oz	1 ½ oz	2 oz	HM Tuna / Egg Salad	1 oz	1 ½ oz	2 oz	HM Chicken / Cheese Lasagna	1 oz	1 ½ oz	2 oz
Meat/meal alt.	Mostacoli																			
PM SNACK	Ranch Wheat	½ s	½ s	1 s	HM Guacamole	½ c	½ c	¾ c	Fish Crackers	½ s	½ s	1 s	100% Apple Juice	2 oz	2 oz	4 oz	Cheese Cubes	½ oz	½ oz	1 oz
(choose two):	Thins				Corn Tortilla	½ s	½ s	1 s	Fruit Salad	½ c	½ s	¾ c	Triscuit Crackers	½ s	½ s	1 s	WG Crackers	½ s	½ s	1 s
Milk	Pineapple	½ c	½ c	¾ c	Chips															
Fruit	Chunks																			
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

- | | |
|---|--|
| <p><u>Milk</u>
 1 year olds: Whole Milk
 2-5 year olds: 1% or Skim
 6 years +: 1% or Skim
 *Menus are subject to change</p> | <p><u>Key</u>
 WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label</p> |
|---|--|

CACFP MENU PLANNER

FACILITY NAME: Morning Star Academy

DATE:2019-2020

HOT PINK	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+	Food Item	1-2	3-5	6+
BREAKFAST	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Diced Pears	¼ c	½ c	½ c	Sliced Apples	¼ c	½ c	½ c	Strawberries	¼ c	½ c	½ c	Applesauce	¼ c	¼ c	½ c	Mandarins	¼ c	½ c	½ c
Fruit/vegetable	Crispix Cereal	¾ c	¾ c	1 ¼ c	Scrambled Eggs	½ oz	¾ oz	1 oz	WG Waffles	½ s	½ c	1 s	Chex Cereal	¾ c	¾ c	1 ¼ c	Cornflakes	¼ c	¼ c	½ c
Grain (or meat/meat alt 3/wk)																				
AM SNACK																				
LUNCH	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz	MILK	4 oz	6 oz	8 oz
Milk	Applesauce	1/8 c	¼ c	¼ c	Peaches	1/8 c	¼ c	¼ c	Mandarins	1/8 c	¼ c	¼ c	Mixed Fruit	1/8 c	¼ c	¼ c	Berries	1/8 c	¼ c	¼ c
Fruit	Cabbage Slaw	1/8 c	¼ c	½ c	Salad	½ c	½ c	1 c	Steamed Broccoli	1/8 c	¼ c	½ c	Baked Asparagus	1/8 c	¼ c	½ c	Corn	1/8 c	¼ c	½ c
Vegetable	Bun	½ s	½ s	1 s	WG Pasta	½ s	½ s	1 s	WG Brown Rice	½ s	½ s	1 s	WG Roll	½ s	½ s	1 s	WG Tortilla	½ s	½ s	1 s
Grain	Beef	1 oz	1 ½ oz	2 oz	Shredded	1 oz	1 ½ oz	2 oz	Sweet & Sour	1 oz	1 ½ oz	2 oz	HM Italian Chicken	1 oz	1 ½ oz	2 oz	HM Beef Tacos	1 oz	1 ½ oz	2 oz
Meat/meal alt.	Cheeseburger				Chicken Alfredo				Meatballs											
PM SNACK	HM Fruit Salsa	½ c	½ c	¾ c	Cubed Cheese	½ oz	½ oz	1 oz	HM Guacamole	½ c	½ c	¾ c	Mixed Fruit	½ c	½ c	¾ c	WG Sweet &	½ c	½ c	¾ c
(choose two):	WG Crackers	½ s	½ s	1 s	WG Fish	½ s	½ s	1 s	Corn Tortilla Chips	½ s	½ s	1 s	WG Cinnamon	½ s	½ s	1 s	Salty Trail Mix			
Milk					Crackers								Raisin Bread				HM Fruit	2 oz	2 oz	4 oz
Fruit																	Smoothie			
Vegetable																				
Grain																				
Meat/meal alt.																				

Water is always available and offered throughout the day.

- | | |
|---|--|
| <p><u>Milk</u>
 1 year olds: Whole Milk
 2-5 year olds: 1% or Skim
 6 years +: 1% or Skim
 *Menus are subject to change</p> | <p><u>Key</u>
 WG = whole grain or whole grain rich
 HM = homemade
 CN = child nutrition label</p> |
|---|--|