

March 2025 Breakfast & Snack

Mon	Tue	Wed	Thu	Fri
<p>3 AM-sausage, apples PM- string cheese, crackers</p>	<p>4 AM.-cereal, peaches PM-graham crackers, applesauce WGR</p>	<p>5 AM -muffins, pears PM -cheezits, Juice</p>	<p>6 AM Bagels & oranges PM Pretzels & juice</p>	<p>7 AM-graham crackers & applesauce PM-turkey, cheese & crackers</p>
<p>10 AM- oatmeal & peaches PM-Cheese crackers, mixed fruit WGR</p>	<p>11 AM-pancakes, pears PM- string cheese, crackers</p>	<p>12 AM-Quesadillas, pears PM- blueberry crips, applesauce WGR</p>	<p>13 AM French toast, apples PM-sliced cheese & crackers</p>	<p>14 AM-bagels & oranges PM-pretzels, juice</p>
<p>17 AM.-cereal, peaches PM-crackers, oranges WGR</p>	<p>18 AM -muffins, pears PM -cheezits, Juice</p>	<p>19 AM-sausage, apples PM- string cheese, crackers</p>	<p>20 AM.-cereal, peaches PM-graham crackers, applesauce WGR</p>	<p>21 AM-tots and toast WGR PM-pretzels, juice</p>
<p>24 AM-sausage, apples PM- string cheese, crackers</p>	<p>25 AM -muffins, peaches PM -cheezits, Juice</p>	<p>26 AM-Quesadillas, pears PM- blueberry crips, applesauce WGR</p>	<p>27 AM Bagels & applesauce PM Pretzels & juice</p>	<p>28 AM-graham crackers & applesauce PM-turkey, cheese & crackers</p>
<p>31 AM-graham crackers & applesauce PM-turkey, cheese & crackers</p>	<p><i>MILK IS SERVED FOR BREAKFAST</i></p>	<p><i>MENU IS SUBJECT TO CHANGE</i></p>		

Child and Adult Care Food Program Breakfast [Select the appropriate components for a reimbursable meal]			
Food components and food items¹	Minimum quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fl oz
Vegetables, fruits, or portions of both ⁴	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Grains (oz. eq.) ^{5 6 7 8}	$\frac{1}{2}$ ounce equivalent	$\frac{1}{2}$ ounce equivalent	1 OZ equivalent

Child and Adult Care Food Program Snack [Select two of the five components for a reimbursable meal]			
Food components and food items¹	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served):			
Lean meat, poultry, or fish	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Tofu, soy products, or alternate protein products ⁴	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Cheese	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Large egg	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
Cooked dry beans or peas	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or $\frac{1}{4}$ cup	2 ounces or $\frac{1}{4}$ cup	4 ounces or $\frac{1}{2}$ cup
Peanuts, soy nuts, tree nuts, or seeds	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Vegetables ⁶	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Fruits ⁶	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Grains (oz. eq.) ^{7 8 9}	$\frac{1}{2}$ ounce equivalent	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent

March 2025 Lunch

Mon	Tue	Wed	Thu	Fri
3 Chicken pattie sandwich, corn & peaches	4 Chicken noodle casserole, green beans, apples	5 Spaghetti, broccoli, applesauce	6 Chicken teriyaki, broccoli, oranges	7 Fish, corn, peaches
10 Hamburger gravy over mashed potatoes, peaches, whole wheat roll. <i>WGR</i>	11 Bean and cheese burrito, corn, oranges WGR	12 Chicken patties sandwich, green beans, mixed fruit	13 Meat loaf, mashed potatoes, roll, pears WGR	14 Grilled cheese, tomato soup, apples WGR
17 Meatball sandwiches, corn, oranges	18 Turkey and cheese sandwich, carrots, peaches WGR	19 Chicken nuggets, green beans, peaches	20 Spaghetti, green beans, peaches	21 Chicken noodle soup corn & peaches
24 Hamburger gravy over mashed potatoes, mixed fruit, whole wheat roll. WGR	25 Chicken Teriyaki, white rice, broccoli, oranges	26 Taco, beans, rice, pears WGR	27 Fish, corn, peaches	28 Chicken noodle casserole, green beans, apples
31 Bean and cheese burrito, corn, oranges WGR	<i>Milk is served with every meal</i>	<i>WGR= whole grain rich</i>		

Child and Adult Care Food Program Lunch and Supper [Select the appropriate components for a reimbursable meal]					
Food components and food items¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² (at-risk afterschool programs and emergency shelters)	Adult participants
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces ⁴
Meat/meat alternates (edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products ⁵	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces	2 ounces
Large egg	1/2	3/4	1	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁶	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:					
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ^{7,8}	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fruits ^{7,8}	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/2 cup
Grains (oz eq) ^{9,10,11}	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

Endnotes:

Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.

Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 years old and older and adults.

For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

A serving of fluid milk is optional for suppers served to adult participants. Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.

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

Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

Refer to FNS guidance for additional information on crediting different types of grains.

Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).