

5-WEEK ROTATING MENU

Regular & Vegan/Plant-Based Options
Ages 1–12

Learn • Love • Laughter

CACFP Minimum Portion Guide

Meal	Ages 1–2	Ages 3–5	Ages 6–12
Breakfast	Milk 4 fl oz • Fruit/Vegetable ¼ cup • Grain ½ oz eq	Milk 6 fl oz • Fruit/Vegetable ½ cup • Grain ½ oz eq	Milk 8 fl oz • Fruit/Vegetable ½ cup • Grain 1 oz eq
Lunch/Supper	Milk 4 fl oz • Meat/Meat Alternate 1 oz eq • Vegetable ⅛ cup • Fruit ⅛ cup • Grain ½ oz eq	Milk 6 fl oz • Meat/Meat Alternate 1½ oz eq • Vegetable ¼ cup • Fruit ¼ cup • Grain ½ oz eq	Milk 8 fl oz • Meat/Meat Alternate 2 oz eq • Vegetable ½ cup • Fruit ¼ cup • Grain 1 oz eq
Snack — Choose 2 Components	Milk 4 fl oz • M/MA ½ oz eq • Vegetable ½ cup • Fruit ½ cup • Grain ½ oz eq	Milk 4 fl oz • M/MA ½ oz eq • Vegetable ½ cup • Fruit ½ cup • Grain ½ oz eq	Milk 8 fl oz • M/MA 1 oz eq • Vegetable ¾ cup • Fruit ¾ cup • Grain 1 oz eq

Infants 0–11 Months: Infants follow the separate CACFP infant meal pattern and their individual written feeding plan. Birth–5 months: 4–6 fl oz breastmilk and/or iron-fortified formula at meals/snacks. Ages 6–11 months: breastmilk/formula plus developmentally appropriate solid foods within CACFP infant ranges. No fruit or vegetable juice. Foods are prepared appropriately to reduce choking risk.

REGULAR MENU — WEEK 1

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR oatmeal • blueberries • milk	Turkey meatballs • WGR roll • green beans • pears • milk	WGR crackers • string cheese
Tue	WGR pancakes • banana • milk	Chicken strips • WGR pasta • broccoli • peaches • milk	Yogurt • strawberries
Wed	WGR Cheerios • strawberries • milk	Turkey & cheese sandwich on WGR bread • cucumber • apples • milk	WGR crackers • grapes
Thu	WGR waffle • orange • milk	Teriyaki chicken • brown rice • mixed vegetables • pineapple • milk	Cheese • apple slices
Fri	WGR toast • berries • milk	Turkey burger • WGR roll • peas • applesauce • milk	Yogurt • WGR cereal
Sat	WGR toast • banana • milk	Baked meatloaf • brown rice • carrots • peaches • milk	WGR crackers • pears
Sun	WGR oatmeal • peaches • milk	Chicken patty • WGR roll • green beans • apples • milk	Cheese • grapes

Serve the applicable CACFP age-group minimum portions shown above.

REGULAR MENU — WEEK 2

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR waffle • tangerine • milk	Turkey hot dog • WGR bun • peas • pineapple • milk	Yogurt • WGR graham crackers
Tue	WGR corn cereal • orange • milk	Beef & bean burrito • WGR tortilla • mixed vegetables • peaches • milk	WGR crackers • apple slices
Wed	WGR toast • blueberries • milk	Turkey sandwich on WGR bread • cucumber • pears • milk	Yogurt • grapes
Thu	WGR pancakes • strawberries • milk	Chicken nuggets • WGR roll • broccoli • cantaloupe • milk	Cheese • WGR crackers
Fri	WGR oatmeal • banana • milk	Turkey taco bowl • brown rice • corn • black beans • orange • milk	WGR pretzels • applesauce
Sat	WGR cereal • berries • milk	Turkey burger • WGR bun • sweet potato • cucumber • pears • milk	Yogurt • apple
Sun	WGR pancakes • peaches • milk	Cheese & bean quesadilla • WGR tortilla • mixed vegetables • apples • milk	WGR crackers • cheese

REGULAR MENU — WEEK 3

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR Cheerios • apple • milk	Turkey meatballs • WGR roll • mixed vegetables • pears • milk	WGR crackers • cheese
Tue	WGR raisin toast • strawberries • milk	Chicken roll-up • WGR tortilla • carrots • orange • milk	Yogurt • WGR cereal
Wed	WGR oatmeal • honeydew • milk	Chicken penne • WGR pasta • broccoli • peaches • milk	WGR graham crackers • grapes
Thu	WGR pancakes • banana • milk	Turkey & cheese sandwich on WGR bread • sweet potato • pineapple • milk	WGR crackers • tangerine
Fri	WGR cereal • blueberries • milk	Chicken strips • brown rice • cucumber • orange • milk	Applesauce • cheese
Sat	WGR English muffin • berries • milk	Turkey meatloaf • WGR roll • green beans • peaches • milk	Yogurt • apple
Sun	WGR French toast • banana • milk	Chicken & vegetable soup • WGR roll • carrots • pears • milk	Cheese • WGR crackers

REGULAR MENU — WEEK 4

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR oatmeal • apple • milk	Turkey hot dog • WGR bun • sweet potato • grapes • milk	WGR crackers • cheese
Tue	WGR French toast • strawberries • milk	Chicken strips • brown rice • broccoli • pineapple • milk	Yogurt • WGR cereal
Wed	WGR Cheerios • banana • milk	Beef & bean burrito • WGR tortilla • broccoli • pears • milk	Applesauce • WGR pretzels
Thu	WGR waffle • melon • milk	Chicken soup • WGR bread • carrots • orange • milk	WGR crackers • grapes
Fri	WGR rice cereal • apple • milk	SunButter & jelly sandwich on WGR bread • cucumber • tangerine • milk	Yogurt • berries
Sat	WGR toast • banana • milk	Chicken & rice bowl • brown rice • mixed vegetables • peaches • milk	Cheese • WGR crackers
Sun	WGR oatmeal • cinnamon apples • milk	Turkey pasta bake • WGR pasta • green beans • pineapple • milk	Yogurt • pear

REGULAR MENU — WEEK 5

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR rice cereal • orange • milk	Chicken noodles • WGR pasta • spinach • carrots • pineapple • milk	Cheese • grapes
Tue	WGR pancakes • cantaloupe • milk	Turkey patty • WGR bread • sweet potato • peaches • milk	WGR pretzels • applesauce
Wed	WGR cereal • strawberries • milk	Turkey Mexican pizza on WGR crust • refried beans • cucumber • grapes • milk	Yogurt • tangerine
Thu	WGR English muffin • apple • milk	Teriyaki chicken • brown rice • broccoli • honeydew • milk	WGR crackers • cucumber
Fri	WGR oatmeal • blueberries • milk	Beef & bean burrito • WGR tortilla • mixed vegetables • peaches • milk	WGR graham crackers • fruit
Sat	WGR waffle • banana • milk	Turkey sliders • WGR bun • roasted potatoes • green beans • apples • milk	Yogurt • WGR cereal
Sun	WGR toast • berries • milk	Baked chicken pasta • WGR pasta • broccoli • pears • milk	Cheese • WGR crackers

VEGAN / PLANT-BASED MENU — WEEK 1

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR oatmeal • blueberries • approved nondairy beverage	Lentil patties • WGR roll • green beans • pears • approved nondairy beverage	WGR crackers • hummus
Tue	WGR vegan pancakes • banana • approved nondairy beverage	Tofu strips • WGR pasta • broccoli • peaches • approved nondairy beverage	CACFP-creditable soy yogurt • strawberries
Wed	WGR Cheerios • strawberries • approved nondairy beverage	SunButter sandwich on WGR bread • cucumber • apples • approved nondairy beverage	WGR crackers • grapes
Thu	WGR vegan waffle • orange • approved nondairy beverage	Teriyaki tofu • brown rice • mixed vegetables • pineapple • approved nondairy beverage	Hummus • apple slices
Fri	WGR toast • berries • approved nondairy beverage	Black bean patty • WGR roll • peas • applesauce • approved nondairy beverage	CACFP-creditable soy yogurt • WGR cereal
Sat	WGR toast • banana • approved nondairy beverage	Baked lentil loaf • brown rice • carrots • peaches • approved nondairy beverage	WGR crackers • pears
Sun	WGR oatmeal • peaches • approved nondairy beverage	Chickpea patty • WGR roll • green beans • apples • approved nondairy beverage	Hummus • grapes

VEGAN / PLANT-BASED MENU — WEEK 2

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR vegan waffle • tangerine • approved nondairy beverage	Plant-based hot dog • WGR bun • peas • pineapple • approved nondairy beverage	CACFP-creditable soy yogurt • WGR graham-style crackers
Tue	WGR corn cereal • orange • approved nondairy beverage	Bean burrito • WGR tortilla • mixed vegetables • peaches • approved nondairy beverage	WGR crackers • apple slices
Wed	WGR toast • blueberries • approved nondairy beverage	SunButter sandwich on WGR bread • cucumber • pears • approved nondairy beverage	CACFP-creditable soy yogurt • grapes
Thu	WGR vegan pancakes • strawberries • approved nondairy beverage	Tofu nuggets • WGR roll • broccoli • cantaloupe • approved nondairy beverage	Hummus • WGR crackers
Fri	WGR oatmeal • banana • approved nondairy beverage	Lentil taco bowl • brown rice • corn • black beans • orange • approved nondairy beverage	WGR pretzels • applesauce
Sat	WGR cereal • berries • approved nondairy beverage	Black bean burger • WGR bun • sweet potato • cucumber • pears • approved nondairy beverage	CACFP-creditable soy yogurt • apple
Sun	WGR vegan pancakes • peaches • approved nondairy beverage	Bean quesadilla • WGR tortilla • mixed vegetables • apples • approved nondairy beverage	WGR crackers • hummus

VEGAN / PLANT-BASED MENU — WEEK 3

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR Cheerios • apple • approved nondairy beverage	Lentil meatballs • WGR roll • mixed vegetables • pears • approved nondairy beverage	WGR crackers • hummus
Tue	WGR vegan raisin toast • strawberries • approved nondairy beverage	Chickpea roll-up • WGR tortilla • carrots • orange • approved nondairy beverage	CACFP-creditable soy yogurt • WGR cereal
Wed	WGR oatmeal • honeydew • approved nondairy beverage	Tofu penne • WGR pasta • broccoli • peaches • approved nondairy beverage	WGR graham-style crackers • grapes
Thu	WGR vegan pancakes • banana • approved nondairy beverage	Hummus & bean sandwich on WGR bread • sweet potato • pineapple • approved nondairy beverage	WGR crackers • tangerine
Fri	WGR cereal • blueberries • approved nondairy beverage	Tofu sticks • brown rice • cucumber • orange • approved nondairy beverage	Applesauce • hummus
Sat	WGR English muffin • berries • approved nondairy beverage	Lentil loaf • WGR roll • green beans • peaches • approved nondairy beverage	CACFP-creditable soy yogurt • apple
Sun	WGR vegan French toast • banana • approved nondairy beverage	Chickpea & vegetable soup • WGR roll • carrots • pears • approved nondairy beverage	Hummus • WGR crackers

VEGAN / PLANT-BASED MENU — WEEK 4

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR oatmeal • apple • approved nondairy beverage	Plant-based hot dog • WGR bun • sweet potato • grapes • approved nondairy beverage	WGR crackers • hummus
Tue	WGR vegan French toast • strawberries • approved nondairy beverage	Tofu sticks • brown rice • broccoli • pineapple • approved nondairy beverage	CACFP-creditable soy yogurt • WGR cereal
Wed	WGR Cheerios • banana • approved nondairy beverage	Bean burrito • WGR tortilla • broccoli • pears • approved nondairy beverage	Applesauce • WGR pretzels
Thu	WGR vegan waffle • melon • approved nondairy beverage	Lentil soup • WGR bread • carrots • orange • approved nondairy beverage	WGR crackers • grapes
Fri	WGR rice cereal • apple • approved nondairy beverage	SunButter & jelly sandwich on WGR bread • cucumber • tangerine • approved nondairy beverage	CACFP-creditable soy yogurt • berries
Sat	WGR toast • banana • approved nondairy beverage	Tofu & rice bowl • brown rice • mixed vegetables • peaches • approved nondairy beverage	Hummus • WGR crackers
Sun	WGR oatmeal • cinnamon apples • approved nondairy beverage	Lentil pasta bake • WGR pasta • green beans • pineapple • approved nondairy beverage	CACFP-creditable soy yogurt • pear

VEGAN / PLANT-BASED MENU — WEEK 5

Day	Breakfast	Lunch / Supper	Snack
Mon	WGR rice cereal • orange • approved nondairy beverage	Chickpea noodles • WGR pasta • spinach • carrots • pineapple • approved nondairy beverage	Hummus • grapes
Tue	WGR vegan pancakes • cantaloupe • approved nondairy beverage	Lentil patty • WGR bread • sweet potato • peaches • approved nondairy beverage	WGR pretzels • applesauce
Wed	WGR cereal • strawberries • approved nondairy beverage	Vegan Mexican pizza on WGR crust • refried beans • cucumber • grapes • approved nondairy beverage	CACFP-creditable soy yogurt • tangerine
Thu	WGR English muffin • apple • approved nondairy beverage	Teriyaki tofu • brown rice • broccoli • honeydew • approved nondairy beverage	WGR crackers • cucumber
Fri	WGR oatmeal • blueberries • approved nondairy beverage	Bean burrito • WGR tortilla • mixed vegetables • peaches • approved nondairy beverage	WGR graham-style crackers • fruit
Sat	WGR vegan waffle • banana • approved nondairy beverage	Black bean sliders • WGR bun • roasted potatoes • green beans • apples • approved nondairy beverage	CACFP-creditable soy yogurt • WGR cereal
Sun	WGR toast • berries • approved nondairy beverage	Baked chickpea pasta • WGR pasta • broccoli • pears • approved nondairy beverage	Hummus • WGR crackers

Parent Menu Notes

Family-Style Meals: Meals and snacks at David's Kingdom Academy are served family-style when developmentally appropriate. Children are encouraged to participate in mealtime routines, practice age-appropriate self-help skills, make choices from the foods offered, and enjoy meals together in a positive, supportive environment. Appropriate assistance and supervision are provided based on each child's age, developmental abilities, and individual needs. Infants are fed according to their individual feeding plans and developmental readiness.

WGR = Whole Grain-Rich. Serve the applicable age-group minimum for each listed meal component. Water is available throughout care but does not replace a required CACFP meal component.

For the **vegan/plant-based menu**, the nondairy beverage must be a CACFP-allowable nutritionally equivalent substitute when the meal is being claimed for reimbursement, with applicable parent/guardian or medical documentation on file. DKA will verify applicable products with its CACFP sponsor.

Menu substitutions may occasionally be made because of food availability, dietary needs, approved substitutions, or program needs. Comparable CACFP-creditable components will be used when applicable.

This is the version I'd paste into Google Docs. **Don't copy the old Word tables anymore.** This simpler 4-column setup should behave much better.