



# Treetop Village Weekly Menu

\*\*Menu is USDA Accredited\*\*

For more Information, visit [cacfp.org](http://cacfp.org)

Week Three								
	Meal Pattern	1-2 yrs old	3-5 yrs old	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	¾ cup	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk
	Fruit/Vegetable	¼ cup	½ cup	Cantaloupe	Grapes	Orange Slices	Strawberries	Bananas
	Grains/Bread	½ oz	½ oz	Cheerios	Toast	<b>WW Tortilla</b> with Cheese	Waffles & Whip Cream	<b>WW Toast with Cinnamon</b>
	Meat/Meat Alternative	n/a	n/a		Scrambled Eggs	Turkey Sausage		-
Lunch	Milk	½ cup	¾ cup	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk
	Fruit	1/8 cup	¼ cup	-	Watermelon Triangles	Melon	Pears	-
	Vegetable	1/8 cup	¼ cup	Green Beans & Salad (2)	Peas	Celery	Tossed Salad	Tomatoes, Onions (2)
	Grains/Bread	½ oz eq	½ oz eq	<b>WW Spaghetti</b>	<b>WW Tortilla Wrap</b>	French Fries	<b>WW Pesto Noodles</b>	Eagle Pizza Tostada
	Meat/Meat Alternative	1 oz	1.5 oz	Italian Sausage	Turkey and Cheese	Fish Sticks	Grilled Rosemary Chicken	Bean and Cheese
Snack	Milk/Beverage	½ cup	½ cup	100% Grape Juice	Water	Water	Water	Milk
	Fruit	1/8 cup	¼ cup	Apples	Banana	-	Salsa	-
	Vegetable	1/8 cup	¼ cup	-	-	Carrot Stix	-	-
	Grains/Bread	1/2 oz eq	½ oz eq	-	Banana Muffins	Rice Cakes	Tortilla Chips	Bread Pudding
	Meat/Meat Alternative	1/2 oz	½ oz	Cheese Slices	-	-	-	-

Week Four								
	Meal Pattern	1-2 yrs old	3-5 yrs old	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	¾ cup	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk
	Fruit/Vegetable	¼ cup	½ cup	Diced Cinnamon Apples	Orange Slices	Tomatoes, Mushrooms	Bananas	Berries
	Grains/Bread	½ oz	½ oz	Oatmeal, Raisins and Brown Sugar	<b>WW Toast</b> with Jam		<b>WW English Muffin</b>	French Toast Sticks
	Meat/Meat Alternative	n/a	n/a		-	Quiche	Turkey Sausage	-
Lunch	Milk	½ cup	¾ cup	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk	Whole or 1 % Milk
	Fruit	1/8 cup	¼ cup		-	Melon Slices	Grapes	-
	Vegetable	1/8 cup	¼ cup	Carrot Sticks	Carrots and Peas	Tomatoes	Peas	Mashed Potatoes, Salad
	Grains/Bread	½ oz eq	½ oz eq	Hoagie Roll	Cheesy and Rice	Slider Bun	Baked Croissant	<b>Garlic 100% WW Roll</b>
	Meat/Meat Alternative	1 oz	1.5 oz	Tuna Fish	Chicken	Turkey Sloppy Joes	Ham and Cheese	Chicken and Gravy
Snack	Milk/Beverage	½ cup	½ cup	Water	Water	100% Orange Juice	Water	Water
	Fruit	1/8 cup	¼ cup	-	Grapes	-	Apple Slices	Melon Triangle's
	Vegetable	1/8 cup	¼ cup	-	-	-	-	-
	Grains/Bread	1/2 oz eq	½ oz eq	<b>WW Crackers</b>	Blueberry Muffins	<b>WW Saltines</b>	-	Corn Bread Muffins

Ages 1-2 year olds will be served whole milk. Ages 3-5 year olds will be served 1% milk.