



Treetop Village Weekly Menu

Menu is USDA Accredited

For more Information, visit cacfp.org

Week One

	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	Blueberries	Bananas	Grapes	Pears	Orange Slices
	Grains/Bread	½ oz	½ oz	Pancakes	WW Toast with Honey	Red Potatoes	Bagel	Pumpkin Granola
	Meat/Meat Alternative	n/a	n/a	-	-	Cheesy Scrambled Eggs	Cream Cheese	Yogurt Parfait
Lunch	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/8 cup	¼ cup	-	Strawberries	Oranges	Apple Slices	Pineapple
	Vegetable	1/8 cup	¼ cup	Salad and Peas (2)	Tomatoes and Onions	Salad	Tomato soup	Potato Fries
	Grains/Bread	½ oz eq	½ oz eq	WW Noodles	Cornbread	Quinoa Rice	WW Bread	Roll
	Meat/Meat Alternative	1 oz	1.5 oz	Chicken Alfredo	Smokin Power House Chili w/ Chili.. pinto beans	Teryaki Chicken	Grilled Cheese	Baby Corn Dogs
Snack	Milk/Beverage	½ cup	½ cup	Water	Water	100% Orange Juice	Water	Water
	Fruit	1/8 cup	¼ cup	-	-	-	-	-
	Vegetable	1/8 cup	¼ cup	-	Celery	-	Salsa	-
	Grains/Bread	1/2 oz eq	½ oz eq	Fish Crackers	Pretzel Sticks	WW Pita Triangles	Flour Tortilla Chips	WW Saltines
	Meat/Meat Alternative	1/2 oz	½ oz	Cottage Cheese	-	Guacamole	-	Cheese Slices

Week Two

	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	Fruit and jam	Strawberries	Tomatos. Mushrooms	Bananas	Orange Slices
	Grains/Bread	½ oz	½ oz	WW English Muffins	Waffles	-	-	WW Toast
	Meat/Meat Alternative	n/a	n/a	-	-	Egg Quiche	Turkey Sausage	-
Lunch	Milk	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/8 cup	¼ cup	Apple Sauce	Orange Slices	Grapes	Strawberries	Melon
	Vegetable	1/8 cup	¼ cup	Carrots and Peas	Broccoli	Green Beans	Butternut Squash	Cherry Tomatoes
	Grains/Bread	½ oz eq	½ oz eq	Flour Tortilla	French Fries	WW Bread	WW Macaroni	WW Tortilla
	Meat/Meat Alternative	1 oz	1.5 oz	Chicken Quesadilla	Chicken Nuggets	Ham and Cheese Sandwich	Cheese and Ham	Egg Salad
Snack	Milk/Beverage	½ cup	½ cup	100% Grape Juice	Water	Water	Water	Water
	Fruit	1/8 cup	¼ cup	-	-	Melon Slices	-	-
	Vegetable	1/8 cup	¼ cup	Marinara Sauce	Sliced Cucumbers	-	-	-
	Grains/Bread	1/2 oz eq	½ oz eq	Bread Sticks	WW Crackers	Crackers	Quesadillas	Animal Crackers
	Meat/Meat Alternative	1/2 oz	½ oz	-	-	-	Cheese and Sour Cream	Pudding

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