

# CACFP FALL MENUS

## WEEKS 1-12



# GRIC HEAD START/CHILD CARE

Name of Center: \_\_\_\_\_  
Menu for the Week of 8/4/25 to 8/8/25 Week 1

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 8/4                     | TUES 8/5                | WED 8/6                     | THURS 8/7                      | FRI 8/8                    |
|------------------------------|-----------------------------|-------------------------|-----------------------------|--------------------------------|----------------------------|
| <b>BREAKFAST</b>             |                             | <b>BREAKFAST OMELET</b> |                             |                                |                            |
| Grain or Meat/Meat Alternate | <b>BISCUIT WG</b>           | <b>EGG,CHEESE</b>       | WAFLES WGR, CHICKEN TENDERS | HONEY BUNCHES OATS B WGR       | <b>BREAKFAST PIZZA WGR</b> |
| Fruit/Vegetable              | <b>HASHBROWNS</b>           | <b>*HONEYDEW</b>        | <b>MIXED BERRIES</b>        | <b>ORANGE WEDGES</b>           | <b>BANANA</b>              |
| Fluid Milk                   | <b>WHOLE/1%</b>             | <b>WHOLE/1%</b>         | <b>WHOLE/1%</b>             | <b>WHOLE/15</b>                | <b>WHOLE/1%</b>            |
| Extra                        | <b>SAUSAGE</b>              | <b>TOAST WGR</b>        | <b>SYRUP</b>                | <b>BANANA BREAD</b>            |                            |
| <b>AM SNACK</b>              |                             |                         |                             |                                |                            |
| Component 1                  | RITZ CRACKERS WGR           | PANCAKE STICK WGR       | <b>FRUIT CUP</b>            | <b>MINI BURRITO</b>            | <b>PEACH YOGURT</b>        |
| Component 2                  | CANADIAN BACON              | <b>APPLESAUCE</b>       | <b>PITA CHIPS</b>           | <b>APPLE JUICE 100%</b>        | <b>BERRIES</b>             |
| Extra                        |                             |                         |                             |                                |                            |
| <b>LUNCH</b>                 |                             |                         |                             | <b>SOUTHWEST CHICKEN SALAD</b> |                            |
| Meat/Meat Alternate          | <b>RAVIOLI</b>              | <b>BBQ PORK</b>         | PEPPERONI PIZZA WGR         | <b>DICED CHICKEN</b>           | <b>CHILI</b>               |
| Grain                        | GARLIC STICKS WGR           | SLIDER BUNS WGR         | (PIZZA CRUST)               | <b>SALTINE CRACKERS</b>        | CLUB CRACKERS WGR          |
| Vegetable                    | <b>CHEF SALAD</b>           | COLESLAW/PINEAPPLE      | <b>BABY CARROTS</b>         | (CORN, BLACK BEANS)            | <b>CURLY FRIES</b>         |
| Fruit or Vegetable           | <b>SLICED PEARS</b>         | <b>PEACHES</b>          | <b>*CANTALOPES</b>          | <b>GRAPES</b>                  | <b>*WATERMELON</b>         |
| Fluid Milk                   | <b>WHOLE/1%</b>             | <b>WHOLE/1%</b>         | <b>WHOLE/1%</b>             | <b>WHOLE/1%</b>                | <b>WHOLE/1%</b>            |
| Extra                        |                             |                         |                             |                                |                            |
| <b>PM SNACK</b>              |                             | <b>CUP</b>              | <b>SANDWICH</b>             | <b>CUP</b>                     |                            |
| Component 1                  | <b>APPLE PKG</b>            | <b>POTATO SALAD</b>     | UNCrustables PB/JELLY       | <b>COTTAGE CHEESE</b>          | <b>CHURRO</b>              |
| Component 2                  | HONEY BEAR GRAM CRACKER WGR | <b>GRAPE JC 100%</b>    | <b>WATER</b>                | <b>PINEAPPLE</b>               | MOZZARELLA CHEESE STICK    |
| Extra                        |                             |                         |                             |                                |                            |

**Acronyms**  
WGR: Whole Grain-Rich  
HM: Homemade  
CN: Processed/Convenience Item (CN label available)

**Identification of Mixed Foods**  
(i.e., fruit salad: apples, peaches, banana)  
\*\*SEASONAL FRUITS  
\*\*FRUIT COCKTAIL  
PEACHES, PEARS, CHERRIES

All juices served are 100% juice.  
Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.  
Water coolers are in each classroom - participants are offered and have access to water throughout the day.  
I:THAT KI'O VES HEMACHKAM HA WI:KAM

## Menu Statements



GRIC HEAD START/CHILD CARE

Name of Center: \_\_\_\_\_  
Menu for the Week of 8/11/25 to 8/15/25 Week 2 ☒

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 8/11                | TUES 8/12            | WED 8/13                | THURS 8/14               | FRI 8/15              |
|------------------------------|-------------------------|----------------------|-------------------------|--------------------------|-----------------------|
| <b>BREAKFAST</b>             |                         |                      | <b>SANDWICH</b>         |                          |                       |
| Grain or Meat/Meal Alternate | CINNAMON OATMEAL        | SC EGG, TORTILLA WGR | ENGLISH MUFFIN WGR      | KIX CEREAL WGR           | BLUEBERRY WAFFLES WGR |
| Fruit/Vegetable              | DICED APPLES            | REFRIED BEANS        | ORANGE WEDGES           | *HONEYDEW                | APRICOTS              |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%             | WHOLE/1%                | WHOLE/1%                 | WHOLE/1%              |
| Extra                        | BAGEL                   |                      | SAUSAGE PATTY           | STRAWBERRY BREAD HM      |                       |
| <b>AM SNACK</b>              |                         |                      |                         | <b>CUP</b>               |                       |
| Component 1                  | GRAPES                  | BOILED EGGS          | APPLESAUCE              | CHERRY TOMATOES          | BOLGNA                |
| Component 2                  | TRAIL MIX               | CRACKERS WGR         | GRAM CRACKERS           | CHEESE, HAM              | BREAD WGR             |
| Extra                        |                         |                      |                         |                          |                       |
| <b>LUNCH</b>                 | <b>TACOS</b>            | <b>THAI CHILI</b>    |                         | <b>CLUB SUB</b>          |                       |
| Meat/Meal Alternate          | DICED CHICKEN           | GROUND BEEF          | FRENCH BREAD PIZZA      | HA, TURKEY, SWISS CHEESE | BEAN BURRITO          |
| Grain                        | TACO SHELL WGR          | CORN MUFFINS WGR     | (PIZZA CRST) WGR        | SUB BUN WGR              | (FLOUR TORTILLA) WGR  |
| Vegetable                    | LETTUCE, TOMATO         | BAKED BEANS          | PASTA SALAD/VEG         | LETTUCE, PICKLE          | CALABACITO            |
| Fruit or Vegetable           | PEACHES                 | *MELON CUBES         | GRAPES                  | APPLE                    | **FRUIT COCKTAIL      |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%             | WHOLE/1%                | WHOLE/1%                 | WHOLE/1%              |
| Extra                        | SPANSH RICE             |                      |                         | BAKED CHIPS, MAYO, MUST  | SALSA                 |
| <b>PM SNACK</b>              |                         |                      |                         |                          |                       |
| Component 1                  | STRAWBERRY CHEX MIX WGR | CHEESE CUBES         | FRENCH TOAST STICKS WGR | TEDDY GRAMS WGR          | OATMEAL BAR WGR       |
| Component 2                  | *HONEY DEW              | OYSTER CRACKERS WGR  | BLUEBERRIES             | ORANGE JUICE 100%        | BANANA                |
| Extra                        |                         |                      |                         |                          |                       |

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\*\*FRUIT COCKTAIL  
PEACHES, PEARS, CHERRIES

**Menu Statements**

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GRIC HEAD START/ CHILD CARE

Name of Center: \_\_\_\_\_  
Menu for the Week of 8/18/25 to 8/22/25

Week 3 ☒

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 8/18              | TUES 8/19             | WED 8/20            | THURS 8/21            | FRI 8/22           |
|------------------------------|-----------------------|-----------------------|---------------------|-----------------------|--------------------|
| <b>BREAKFAST</b>             |                       |                       | BAGEL SANDWICH      |                       |                    |
| Grain or Meat/Meat Alternate | SC EGGS               | BREAKFAST MEAT BAR    | BAGEL WGR,EGG PATTY | CHEERIOS WGR          | PANCAKES WGR       |
| Fruit/Vegetable              | HASHBROWNS            | FRUIT CUP             | GRAPES              | ORANGE                | BERRIES            |
| Fluid Milk                   | WHOLE/1%              | WHOLE/1%              | WHOLE/1%            | WHOLE/1%              | WHOLE/1%           |
| Extra                        | BISCUITS WGR          |                       | CHEESE SL           | TOAST WGR             | HAM                |
| <b>AM SNACK</b>              |                       |                       |                     |                       |                    |
| Component 1                  | WHEAT BREAD           | GRAM CRACKERS WGR     | MINI WAFFLES WGR    | BLUEBERRY MUFFINS WGR | CHEESE CRISP       |
| Component 2                  | TURKEY SLICES         | MOZZARELLA STICK      | ORANGE JUICE 100%   | APPLESAUCE            |                    |
| Extra                        |                       |                       |                     |                       |                    |
| <b>LUNCH</b>                 | BEEF BURRITO BOWL     |                       |                     | SUPER NACHOS          | POT ROAST          |
| Meat/Meat Alternate          | CARNE ASADA           | CHICKEN NUGGETS       | PIZZA STICK         | GROUND BEEF           | PEEF POT ROAST     |
| Grain                        | BROWN RICE WGR        | DINNER ROLL WGR       | (PIZZA CRUST) WGR   | TORTILLA CHIPS WGR    | DINNER ROLL WGR    |
| Vegetable                    | CORN                  | OVEN FRIES            | GREEN BEANS         | PINTO BEANS           | MASH POTATO        |
| Fruit or Vegetable           | DICED PEACHES         | FRESH PEAR            | APPLE               | PINEAPPLE CHINKS      | FRUIT SALAD        |
| Fluid Milk                   | WHOLE/1%              | WHOLE/1%              | WHOLE/1%            | WHOLE/1%              | WHOLE/1%           |
| Extra                        |                       |                       |                     |                       |                    |
| <b>PM SNACK</b>              |                       | VEG CUP               | SANDWICH            |                       |                    |
| Component 1                  | GOLDFISH CRACKERS WGR | CARROTS,CHERRY TOMATO | BOLGNA              | STRAWBERRY YOGURT     | CHOCOLATE CHEX MIX |
| Component 2                  | MANDARI ORANGE CUP    | BROCCOLI              | WHEAT BREAD         | BANANA                | GRAPE JUICE 100%   |
| Extra                        |                       | RANCH CUP             |                     |                       |                    |

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**Identification of Mixed Foods**  
(i.e., fruit salad: apples, peaches, banana)  
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COCKTAIL,PEACHES,PEARS,CH  
ERRI

**Menu Statements**  
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Water coolers are in each classroom - participants are offered and have access to water throughout the day. ☒  
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Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 8/25/25 to 8/29/25

Week 4

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 8/25            | TUES 8/26               | WED 8/27                               | THURS 8/28      | FRI 8/29               |
|------------------------------|---------------------|-------------------------|--|-----------------|------------------------|
| <b>BREAKFAST</b>             | BREAKFAST SANDWICH  |                         |  |                 |                        |
| Grain or Meat/Meat Alternate | EGG PATTY, CHEESE   | OATMEAL                 | SC EGGS, ZUCCHINI                      | CORNFLAKES WGR  | FRENCH TOAST SWIRL WGR |
| Fruit/Vegetable              | ORANGE EDGES        | *FRESH BERRIES          | TATER TOTS                             | BANANA          | APPLESAUCE             |
| Fluid Milk                   | WHOLE MILK/15       | WHOLE MILK/1%           | WHOLE MILK/1%                          | WHOLE MILK/1%   | WHOLE MILK/1%          |
| Extra                        | ENGLISH MUFFINS WGR | RAISIN BREAD TOAST WGR  | FLOUR TORTILLA WGR                     | CIN MUFFIN WGR  | HAM                    |
| <b>AM SNACK</b>              |                     | UNCRUSTABLES            |  |                 |                        |
| Component 1                  | COTTAGE CHEESE      | PEANUT BUTTER/JELLY     | TRAIL MIX                              | BREAKFAST PIZZA | CHEERIOS WGR           |
| Component 2                  | PEACHES             | BREAD                   | GRAPES                                 | ORANGE JUICE    | MILK                   |
| Extra                        |                     |                         |  |                 |                        |
| <b>LUNCH</b>                 | CHEESEBURGERS       | CHICKEN ALFREDO         | HAWAIIAN PIZZA                         |                 | RED POSOLE             |
| Meat/Meat Alternate          | BEEF PATTY, CHEESE  | DICED CHICKEN           | CHEESE PIZZA, HAM, PINEAPPLE           | PORK CHOPS      | DICED PORK/CHICKEN     |
| Grain                        | HAMBURGER BUN WGR   | FETTUCINI WGR           | (PIZZA CRUST)                          | CORN BREAD      | FLAT BREAD             |
| Vegetable                    | OVEN FRIES, PICKLES | BROCCOLI                | RED LEAF LETT, STRAWBERRIES, CUCUMBERS | LIMA BEANS      | HOMINY, CHILI SAUCE    |
| Fruit or Vegetable           | *WATERMELON         | DICED PEARS             | APPLE                                  | PINEAPPLE       | **FRUIT COCKTAIL       |
| Fluid Milk                   | WHOLE/1%            | WHOLE/1%                | WHOLE/1%                               | WHOLE/1%        | WHOLE/1%               |
| Extra                        |                     | BREAD STICK WGR         | STRAWBERRY VINAGRETTE                  |                 |                        |
| <b>PM SNACK</b>              |                     |                         | CUP                                    | SANDWICH        | NACHOS                 |
| Component 1                  | STRING CHEESE       | HONEY BEAR CRACKERS WGR | *CANTALOEPE                            | TURKEY          | CHEESE CUPS            |
| Component 2                  | ANIMAL CRACKERS WGR | MIX FRUIT CUP           | CUCUMBERS                              | WHEAT BREAD     | TOSTITOS BAG           |
| Extra                        |                     |                         |  |                 |                        |

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**Identification of Mixed Foods**  
(i.e., fruit salad: apples, peaches, banana)

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\*\*FRUIT COCKTAIL  
PEACHES, PEARS,  
PINEAPPLE, CHERRIES

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**Menu Statements**

Name of Center: GRIC HEAD START/CHILDCARE  
Menu for the Week of 9/1/25 to 9/5/25 **Week 5**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 9/1             | TUES 9/2         | WED 9/3           | THURS 9/4       | FRI 9/5           |
|------------------------------|---------------------|------------------|-------------------|-----------------|-------------------|
| <b>BREAKFAST</b>             | <b>LABOR DAY</b>    |                  |                   |                 |                   |
| Grain or Meat/Meat Alternate | OMELET              | BANANA BREAD     | PANCAKE STICK     | HON BUNCH OATS  | SC EGGS,DICED HAM |
| Fruit/Vegetable              | ORANGE              | APPLE SLICED     | APPLESAUCE        | GRAPEFRUIT      | GRILLED POTATOES  |
| Fluid Milk                   | WHOLE/1%            | WHOLE/1%         | WHOLE/1%          | WHOLE/1%        | WHOLE/1%          |
| Extra                        | BLUEERRY MUFFIN WGR | YOGURT           |                   | WHEAT TOAST WGR | BISCUIT WGR       |
| <b>AM SNACK</b>              |                     | <b>SANDWICH</b>  |                   | <b>CUP</b>      |                   |
| Component 1                  | PEACH FRUIT CUP     | HAM              | CINNAMON CHIPS HM | BOILED EGG      | PIZZA STICK       |
| Component 2                  | GRAM CRACKERS WGR   | BREAD WGR        | MIX FRUIT         | CRACKERS WGR    |                   |
| Extra                        |                     |                  |                   | CHEESE CUBES    |                   |
| <b>LUNCH</b>                 |                     |                  |                   | <b>SANDWICH</b> | <b>RED CHILI</b>  |
| Meat/Meat Alternate          | CHICKEN TAQUITO     | BAKED CHICKEN    | MEATLOVER PIZZA   | TUNA            | STEW MEAT/SAUCE   |
| Grain                        | (FLOUR TORTILLA)WGR | BROWN RICE       | (PIZZA CRUST) WGR | BREAD WGR       | FLOUR TORTILLAWGR |
| Vegetable                    | FLOUR TORTILA WGR   | VEGETABLE MEDLEY | SLICED CUCUMBERS  | CARROT STICKS   | PINTO BEANS       |
| Fruit or Vegetable           | FRESH PEARS         | PEACHES          | *MELON            | GRAPES          | PINEAPPLE         |
| Fluid Milk                   | WHOLE/1%            | WHOLE/1%         | WHOLE/1%          | WHOLE/1%        | WHOLE/1%          |
| Extra                        |                     |                  |                   | EHS EGG SALAD   |                   |
| <b>PM SNACK</b>              |                     |                  |                   |                 |                   |
| Component 1                  | MACARONI SALAD      | CHEESE CUBES     | PEACH YOGURT      | CHEEZ-ITS WGR   | ANIMAL CRACKERS   |
| Component 2                  | APPLE JUICE 100%    | SALTINES WGR     | GRANOLA           | ORANGE SLICES   | BANANA            |
| Extra                        |                     |                  |                   |                 |                   |

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**Identification of Mixed Foods**

(i.e., fruit salad, apples, peaches, banana)  
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\*\*FRUIT COCKTAIL  
PEACHES, PEARS, PINEAPPLE, CHERRIES

**Menu Statements**

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I:THA KI'O VES HEMACHKAM HA WI:KAM

Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 9/8/25 to 9/9/12/25 **Week 6**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 9/8                 | TUES 9/9                | WED 9/10           | THURS 9/11        | FRI 9/12              |
|------------------------------|-------------------------|-------------------------|--------------------|-------------------|-----------------------|
| <b>BREAKFAST</b>             |                         |                         |                    |                   | <b>MOC GRIDDLE</b>    |
| Grain or Meat/Meat Alternate | CANADIAN BACON          | SCRAMBLED EGG           | CREAM OF WHEAT WGR | RICE KRISPESWGR   | HAM,EGGS              |
| Fruit/Vegetable              | POTATOES                | SLICED PEARS            | DICED APPLES       | DICED PEACHES     | BANANA                |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%                | WHOLE/1%           | WHOLE/1%          | WHOLE/1%              |
| Extra                        | CROISSANT               | FLOUR TORTILLA WGR      | MUFFIN             |                   | PANCAKE WGR           |
| <b>AM SNACK</b>              |                         |                         | <b>WRAP</b>        |                   |                       |
| Component 1                  | CHEDDAR CHEESE SQUARES  | STRAWBERRY CHEX MIX WGR | FLOUR TORTILLA WGR | BOILED EGG        | GOLDFISH CRACKERS WGR |
| Component 2                  | CLUB CRACKERS WGR       | GRAPE JUICE 1005        | BANANA,NUTELLA     | CHERRY TOM        | ORANGE SLICES         |
| Extra                        |                         |                         |                    | OYSTER CRACKERS   |                       |
| <b>LUNCH</b>                 | <b>TERIYAKI CHICKEN</b> |                         |                    | <b>HAM SLIDER</b> |                       |
| Meat/Meat Alternate          | DICED CHICKEN           | FISH NUGGETS CN         | CALZONES PIZZA     | HAM/CHEESE        | <b>MEATLOAF</b>       |
| Grain                        | BROWN RICE WGR          | HUSH PUPPIES WGR        | MACARONI SALAD     | SLIDER BUN        | DINNER ROLL WGR       |
| Vegetable                    | ORIENTAL VEGETABLE      | CORN COB                | CELERY STICKS      | SL CUCUMBERS      | MASH POTATO           |
| Fruit or Vegetable           | PINEAPPLE TIDBITS       | MANDARIN ORANGES        | GRAPES             | *HONEYDEW         | **FRUIT COCKTAILS     |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%                | WHOLE/1%           | WHOLE/1%          | WHOLE/1%              |
| Extra                        |                         |                         |                    | MAYO,MUSTARD      |                       |
| <b>PM SNACK</b>              |                         | <b>SANDWICH</b>         |                    |                   |                       |
| Component 1                  | PEACH YOGURT            | TURKEY,CHEESE           | STRING CHEESE      | PUMPKIN BREAD     | UNCRUSTABLE           |
| Component 2                  | BANANA                  | BREAD                   | FRESH PEAR         | APPLESAUCE        | APPLE JC 100%         |
| Extra                        |                         |                         |                    |                   |                       |

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Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 9/15/25 to 9/19/25

Week 7

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 9/15                | TUES 9/16               | WED 9/17            | THURS 9/18           | FRI 9/19          |
|------------------------------|-------------------------|-------------------------|---------------------|----------------------|-------------------|
| <b>BREAKFAST</b>             |                         | <b>BREAKFAST OMELET</b> |                     |                      | <b>HOLIDAY</b>    |
| Grain or Meat/Meat Alternate | BISCUITS WGR            | EGG,CHEESE              | CHICKEN TENDERS     | MINI WHEAT WGR       | BREAKFAST PIZZA   |
| Fruit/Vegetable              | HASHBROWNS              | *CANTALOPE              | MIXED BERRIES       | ORANGE WEDGES        | BANANA            |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%                | WHOLE/1%            | WHOLE/1%             | WHOLE/1%          |
| Extra                        | SAUSAGE                 | TOAST WGR               | WAFFLES,WGR SYRUP   | BANANA BREAD         |                   |
| <b>AM SNACK</b>              |                         |                         |                     |                      |                   |
| Component 1                  | RITZ CRACKERS WGR       | PANCAKE STICK           | PITA CHIPS WGR      | MINI BURRITO         | PEACH YOGURT      |
| Component 2                  | CANADIAN BACON          | APPLESAUCE              | FRUIT CUP           | APPLE JUICE 100%     | GRANOLA           |
| Extra                        |                         |                         |                     |                      |                   |
| <b>LUNCH</b>                 |                         |                         |                     | <b>CHICKEN SALAD</b> |                   |
| Meat/Meat Alternate          | RAVIOLI                 | BBQ PORK                | PEPPERONI PIZZA CN  | DICED CHICKEN        | CHILI,CHEESE      |
| Grain                        | GARLIC STICKS WGR       | SLIDER BUN WGR          | (PIZZA CRUST)       | CRACKERS WGR         | CLUB CRACKERS WGR |
| Vegetable                    | CHEF SALAD,RANCH        | COLESLAW/PINEAPPLE      | BABY CARROTS        | LEAF LETTUCE         | CURLY FRIES       |
| Fruit or Vegetable           | SLICED PEARS            | PEACHES                 | *HONEYDEW CUBES     | GRAPES               | APPLE             |
| Fluid Milk                   |                         |                         |                     |                      |                   |
| Extra                        |                         |                         |                     |                      |                   |
| <b>PM SNACK</b>              |                         |                         |                     |                      |                   |
| Component 1                  | SLICED APPLE            | POTATO SALAD            | UNCRUSTABLE         | COTTAGE CHEESE       | CHURRO            |
| Component 2                  | HONEY GRAM CRACKERS WGR | GRAPE JC 100%           | PEANUT/BUTTER JELLY | PINEAPPLE            | *STRAWBERRY       |
| Extra                        |                         |                         |                     |                      |                   |

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! :THA KI'O VES HEMACHIKAM HA WI:KAM



Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 9/22/25 to 9/26/25 **Week 8**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 9/22                | TUES 9/23       | WED 9/24                | THURS 9/25      | FRI 9/26              |
|------------------------------|-------------------------|-----------------|-------------------------|-----------------|-----------------------|
| <b>BREAKFAST</b>             |                         |                 | <b>SANDWICH</b>         |                 |                       |
| Grain or Meat/Meat Alternate | CIN OATMEAL             | SCRAMBLED EGGS  | ENGLISH MUFFIN WGR      | KIX CEREAL WGR  | BLUEBERRY WAFFLES     |
| Fruit/Vegetable              | DICED OATMEAL           | REFRIED BEANS   | ORANGE WEDGE            | *HONEYDEW       | APRICOTS              |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%        | WHOLE/1%                | WHOLE/1%        | WHOLE/1%              |
| Extra                        |                         |                 | SAUSAGE PATTY           |                 | HAM                   |
| <b>AM SNACK</b>              |                         |                 |                         | CUP             |                       |
| Component 1                  | GRAPES                  | BOILED EGGS     | APPLESAUCE              | HAM, CHEESE     | BOLGNA                |
| Component 2                  | TRAIL MIX               | CRACKERS WGR    | ANIMAL CRACKERS WGR     | TOMATO          | BREAD WGR             |
| Extra                        |                         |                 |                         |                 |                       |
| <b>LUNCH</b>                 | TACOS                   | THAI CHILI      |                         | SUB SANDWICH    |                       |
| Meat/Meat Alternate          | DICED CHICKEN           | GROUND BEEF     | FRENCH BREAD PIZZA CN   | TURKEY CHEESE   | BEAN BURRITO          |
| Grain                        | CORN TORTILLA WGR       | CORN MUFFIN WGR | (PIZZA CRUST)           | SUB BUN WGR     | (FLOUR TORTILLA)WGR   |
| Vegetable                    | LETTUCE, TOM            | BAKED BEANS     | PASTA SALAD/VEGGIES     | LETTUCE PICKLE  | ZUCCHINI, CHEESE CORN |
| Fruit or Vegetable           | PEACHES                 | *WATERMELON     | GRAPES                  | APPLE           | FRUIT SALAD           |
| Fluid Milk                   | WHOLE/1%                | WHOLE/1%        | WHOLE/1%                | WHOLE/1%        | WHOLE/1%              |
| Extra                        | SALSA                   |                 |                         |                 | SALSA                 |
| <b>PM SNACK</b>              |                         |                 |                         |                 |                       |
| Component 1                  | STRAWBERRY CHEX MIX WGR | CHEESE CUBES    | FRENCH TOAST STICKS WGR | GOLDFISH CRAX W | OATMEAL BAR WG        |
| Component 2                  | YOGURT                  | OYSTER CRACKERS | *STRAWBERRIES           | ORANGE JUICE    | BANANA                |
| Extra                        |                         |                 |                         |                 |                       |

**Acronyms**  
WGR: Whole Grain-Rich  
WW: Whole Wheat  
HM: Homemade  
CN: Processed/Convenience Item (CN label available)

**Identification of Mixed Foods**  
(i.e., fruit salad, apples, peaches, banana)  
\*SEASONAL FRUIT  
\*\*FRUIT COCKTAIL  
PEACHES, PEARS, PINEAPPLE, CHERRIES

**Menu Statements**  
All juices served are 100% juice.  
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Water coolers are in each classroom - participants are offered and have access to water throughout the day.  
I:THA KIO VES HEMACHKAM HA WI:KAM

Name of Center: GRIC/HEAD START0  
Menu for the Week of 9/29/25 to 10/3/25 **Week 9**

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 9/29              | TUES 9/30          | WED 10/1          | THURS 10/2       | FRI 10/3               |
|------------------------------|-----------------------|--------------------|-------------------|------------------|------------------------|
| <b>BREAKFAST</b>             |                       |                    |                   |                  |                        |
| Grain or Meat/Meat Alternate | SCRAMBLED EGGS, CHILI | BANANA BREAD       | GRILL CHEESE WGR  | CHEERIOS WGR     | PANCAKES WGR           |
| Fruit/Vegetable              | HASHBROWN             | FRUIT CUP          | GRAPES            | ORANGE           | BERRIES                |
| Fluid Milk                   | WHOLE/1%              | WHOLE/1%           | WHOLE/1%          | WHOLE/1%         | WHOLE/1%               |
| Extra                        | BISCUITS              | SAUSAGE            |                   | RAISIN TOAST WGR | HAM                    |
| <b>AM SNACK</b>              |                       |                    |                   |                  |                        |
| Component 1                  | WHEAT BREAD WGR       | GRAM CRACKERS WGR  | MINI WAFFLES WGR  | BLUEBERRY MUFFIN | CHEESE CRISP           |
| Component 2                  | TURKEY SLICES         | MOZZARELLA STICK   | ORANGE JUICE 100% | APPLESAUCE       | FLOUR TORTILLA WGR     |
| Extra                        |                       |                    |                   |                  | CHEESE                 |
| <b>LUNCH</b>                 | BEEF BURRITO BOWL     |                    |                   | TACO SALAD       | POT ROAST              |
| Meat/Meat Alternate          | CARNE ASADA           | CHICKEN NUGGETS CN | PIZZA STICK CN    | GROUND BEEF      | BEEF POT ROAST         |
| Grain                        | BROWN RICE WGR        | DINNER ROLL WGR    | (PIZZA CRUST)     | TOSTITO WGR      | DINNER ROLL WGR        |
| Vegetable                    | CORN                  | OVEN FRIES         | GREEN BEANS       | PINTO BEANS      | MASH POTATO            |
| Fruit or Vegetable           | DICED PEACHES         | FRESH PEAR         | APPLE             | PINEAPPLE CHUNKS | FRUIT SALAD            |
| Fluid Milk                   | WHOLE/1%              | WHOLE/1%           | WHOLE/1%          | WHOLE/1%         | WHOLE/1%               |
| Extra                        |                       |                    |                   |                  |                        |
| <b>PM SNACK</b>              |                       | VEG CUP            | SANDWICH          |                  |                        |
| Component 1                  | CHEEZ-ITS WGR         | CARROTS, TOM       | BOLGNA            | BERRY YOGURT     | CHOCOLATE CHEX MIX WGR |
| Component 2                  |                       | BROCCOLI, RANCH    | WHEAT BREAD WGR   | BANANA           | GRAPE JUICE 100%       |
| Extra                        |                       | EHS SUBSTITUTE     |                   |                  |                        |

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(i.e., fruit salad: apples, peaches, banana)  
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\*\*FRUIT COCKTAIL  
PEACHES, PEARS, PINEAPPLE, CHERRIES

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! :THA K'VO VES HEMACHIKAM HA WI:KAM

Name of Center: GIRCHEAD START/CHILD CARE  
Menu for the Week of 10/6/25 to 10/10/25

Week 10

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON               | TUES              | WED               | THURS             | FRI               |
|------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <b>BREAKFAST</b>             | <b>FALL BREAK</b> | <b>FALL BREAK</b> | <b>FALL BREAK</b> | <b>FALL BREAK</b> | <b>FALL BREAK</b> |
| Grain or Meat/Meat Alternate |                   |                   |                   |                   |                   |
| Fruit/Vegetable              |                   |                   |                   |                   |                   |
| Fluid Milk                   |                   |                   |                   |                   |                   |
| Extra                        |                   |                   |                   |                   |                   |
| <b>AM SNACK</b>              |                   |                   |                   |                   |                   |
| Component 1                  |                   |                   |                   |                   |                   |
| Component 2                  |                   |                   |                   |                   |                   |
| Extra                        |                   |                   |                   |                   |                   |
| <b>LUNCH</b>                 |                   |                   |                   |                   |                   |
| Meat/Meat Alternate          |                   |                   |                   |                   |                   |
| Grain                        |                   |                   |                   |                   |                   |
| Vegetable                    |                   |                   |                   |                   |                   |
| Fruit or Vegetable           |                   |                   |                   |                   |                   |
| Fluid Milk                   |                   |                   |                   |                   |                   |
| Extra                        |                   |                   |                   |                   |                   |
| <b>PM SNACK</b>              |                   |                   |                   |                   |                   |
| Component 1                  |                   |                   |                   |                   |                   |
| Component 2                  |                   |                   |                   |                   |                   |
| Extra                        |                   |                   |                   |                   |                   |

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I:THA KI'O VES HEMACHIKAM HA WI:KAM



Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 10/13/25 to 10/17/25

Week 11

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 10/13           | TUES 10/14        | WED 10/15          | THURS 10/16       | FRI 10/17           |
|------------------------------|---------------------|-------------------|--------------------|-------------------|---------------------|
| <b>BREAKFAST</b>             | <b>OMELET</b>       |                   |                    |                   |                     |
| Grain or Meat/Meat Alternate | EGG,CHEESE,CHILI    | CINNAMON RICE     | PANCAKE STICK      | RICE KRISPIES WGR | SC EGG,DICED HAM    |
| Fruit/Vegetable              | ORANGE              | APPLES            | BLUEBERRIES        | GRAPES            | GRILLED POTATOES    |
| Fluid Milk                   | WHOLE/1%            | WHOLE/1%          | WHOLE/1%           | WHOLE/1%          | WHOLE/1%            |
| Extra                        | BAGEL WGR           | BISCUIT WGR       |                    | APPLE MUFFIN WGR  | WHEAT TOAST         |
| <b>AM SNACK</b>              |                     | ROLL-UP           |                    | CHEESE TOAST      |                     |
| Component 1                  | PEACH FRUIT CUP     | HAM,CHEESE        | CINNAMON CHIPS HM  | SL CHEESE         | PIZZA STICK CN      |
| Component 2                  | OATMEAL BAR WGR     | LOUR TORTILLA WGR | MIX FRUIT          | BREAD WGR         |                     |
| Extra                        |                     |                   |                    |                   |                     |
| <b>LUNCH</b>                 | <b>CHEESEBURGER</b> |                   |                    |                   |                     |
| Meat/Meat Alternate          | HAM PATTY,CHEESE    | CHICKEN PATTY     | MEATLOVER PIZZA CN | SLOPPY JOE        | GREEN CHILI         |
| Grain                        | HAMBURGER BUN WGR   | BREAD WGR         | (PIZZA CRUST)      | SLIDER BUN WGR    | CHUMATH             |
| Vegetable                    | BAKED BEANS         | MASH POTATO GRAVY | STEAMED CARROTS    | STEAK FRIES       | PINTO BEANS         |
| Fruit or Vegetable           | **FRUIT COCKTAIL    | PEARS             | PEACHES            | MIX FRUIT         | BANANA              |
| Fluid Milk                   |                     |                   |                    |                   |                     |
| Extra                        |                     |                   |                    |                   |                     |
| <b>PM SNACK</b>              | <b>CUP</b>          |                   |                    |                   |                     |
| Component 1                  | MACARONI SALAD      | CHEESE CUBES      | BERRY YOGURT       | CHEEZ-ITS WGR     | ANIMAL CRACKERS WGR |
| Component 2                  | APPLE JUICE 100%    | CLUB CRACKERS WGR | GRANOLA WGR        | MANDARIN ORANGE   | APPLE SLICES        |
| Extra                        |                     |                   |                    |                   |                     |

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Name of Center: GRIC HEAD START/CHILD CARE  
Menu for the Week of 10/20/25 to 10/24/25

Week 12

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 10/20              | TUES 10/21          | WED 10/22          | THURS 10/23       | FRI 10/24         |
|------------------------------|------------------------|---------------------|--------------------|-------------------|-------------------|
| <b>BREAKFAST</b>             |                        | <b>CHEESE CRISP</b> |                    |                   |                   |
| Grain or Meat/Meat Alternate | CANADIAN BACON         | CHEESE, CHILI, HAM  | CREAM OF WHEAT WGR | RICE KRISPIES WGR | BISCUIT WGR/GRAVY |
| Fruit/Vegetable              | POTATOES               | SLICED PEARS        | DICED PEACHES      | GRAPES            | BANANA            |
| Fluid Milk                   | WHOLE/1%               | WHOLE/1%            | WHOLE/1%           | WHOLE/1%          | WHOLE/1%          |
| Extra                        | CROISSANT              | FLOUR TORTILLA WGR  | APPLE MUFFIN HM    |                   | SAUSAGE           |
| <b>AM SNACK</b>              |                        |                     |                    |                   |                   |
| Component 1                  | VANILLA YOGURT         | NUTELLA             | MINI WAFFLES       | CHEESE SQUARES    | CHEX MIX          |
| Component 2                  | BLUEBERRIES            | APPLE SLICES        | ORANGES            | TOSTITOS          | MILK              |
| Extra                        |                        |                     |                    |                   |                   |
| <b>LUNCH</b>                 |                        |                     |                    | <b>SANDWICH</b>   | <b>MEATLOAF</b>   |
| Meat/Meat Alternate          | CHICKEN VEGETABLE SOUP | MACARONI&CHEESE     | FISH NUGGETS CN    | BQ BEEF           | GROUND BEEF       |
| Grain                        | (NOODLE)               | BREAD WGR           | HUSH PUPPIES WGR   | SLIDER BUN WGR    | DINNER ROLL WGR   |
| Vegetable                    | (CARROTS, CELERY)      | BROCCOLI            | CORN COB           | PORK N BEANS      | MASH POTATO/GRAVY |
| Fruit or Vegetable           | APRICOTS               | MANDARIN ORANGES    | APPLE              | BANANA            | PINEAPPLE         |
| Fluid Milk                   | WHOLE/1%               | WHOLE/1%            | WHOLE/1%           | WHOLE/1%          | WHOLE/1%          |
| Extra                        | CLUB CRACKERS WGR      |                     |                    |                   |                   |
| <b>PM SNACK</b>              |                        |                     |                    |                   |                   |
| Component 1                  | APPLESAUCE             | SOFT PRETZELS WGR   | STRING CHEESE      | PUMPKIN BREAD     | PEACH YOGURT      |
| Component 2                  | OATMEAL BARS WGR       | CHEESE CUP          | FRESH PEARS        | ORANGE JUICE      | GRAM CRACKERS     |
| Extra                        |                        |                     |                    |                   |                   |

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