

Harvest Cycle Menu



Get some ideas for Autumn with our Harvest Menu!

The grains in **bold** help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in **orange** are also available at cacfp.org/recipes-menus/recipes.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Berry Blast Smoothie Whole, 1% or Fat-Free Milk	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)
	Fruit/Vegetable	Hash Browns	Berry Blast Smoothie Mixed Berries	Banana	Strawberries & Blueberries	Orange Wedges
	Grain/Meat ⁺	Confetti Egg Taco Egg & WGR Tortilla	WGR English Muffin	Cinnamon Oatmeal	Caterpillar Pancakes WGR Pancake	Bird's Nest Toast WGR Bread & Egg
LUNCH	Milk	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)
	Vegetable	Broccoli	Bell Peppers	Creamy Cole Slaw	Green Beans	Cucumber Tomato Salad
	Fruit/Vegetable*	Apple Slices	Fiesta Corn Corn	Watermelon	Mashed Potatoes	Peach Slices
	Meat/Meat Alternate	Chicken Alfredo	Chicken Quesadilla Chicken	Black Bean Patty Black Bean	Meat Lasagna Ground Beef	Turkey & Cheese
	Grain	WGR Spaghetti Noodles	Chicken Quesadilla Tortilla	WGR Burger Bun	Meat Lasagna WGR Pasta	WGR Bread Slice(s)
SNACK	Milk	--	--	--	--	--
	Vegetable	--	Baby Carrots	--	Harvest Salsa Bean, Corn, Onion, Tomato	--
	Fruit	Skillet Pineapple Pineapple	--	Fresh Apple Rings	--	100% Fruit Juice
	Meat/Meat Alternate	Cottage Cheese	--	Nut Butter	--	--
	Grain	--	WGR Crackers	--	Tortilla Chips	Cereal Trail Mix Cereal & Pretzels
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)
	Fruit/Vegetable	Barn Owl English Muffin Blueberries & Banana	Raspberries	Cantaloupe	Peach Slices	Strawberries
	Grain/Meat ⁺	Barn Owl English Muffin WGR English Muffin	Oatmeal	WGR Cereal	WGR Waffle	Autumn Bites Egg & Ham
LUNCH	Milk	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)	Whole Milk (age 1) or 1%/Fat Free Milk (2-5)
	Vegetable	Broccoli	Baked Potato	Veggie Delight Pinwheel Carrots & Cucumber	Italian Chicken & Veggies Roasted Potatoes	Green Beans
	Fruit / Vegetable*	Apple	Kiwi	Mixed Fruit	Italian Chicken & Veggies Roasted Brussels Sprouts	Mango Chunks
	Meat/Meat Alternate	Fish Nuggets	Shredded BBQ Chicken	Veggie Delight Pinwheel Cheese & Hummus	Italian Chicken & Veggies Chicken Drumsticks	Chicken Tenders
	Grain	Mac n Cheese	WGR Bread Roll	Veggie Delight Pinwheel WGR Tortilla	Brown Rice	WGR Waffle
SNACK	Milk	--	--	--	--	--
	Vegetable	Cucumber	--	--	--	--
	Fruit	Watermelon	--	Fruit Salsa with Abby Cadabby Berries, Apple, Melon	Big Bird's Happy Day Sunrise Smoothie Pineapple	Cinnamon Applesauce
	Meat/Meat Alternate	--	Yogurt	--	Big Bird's Happy Day Sunrise Smoothie Plain Yogurt	--
	Grain	--	Loose Granola	Tortilla Chips	--	Graham Crackers

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

* The fruit component at lunch may be substituted by an additional vegetable.