

# CACFP Grab 'n Go

## Grab 'n Go Breakfast, Lunch, and Snack Menu\*

Week 1	Cereal, Sliced Peaches, Milk	Strawberry Bagel Bite, Banana, Milk	Cereal, Dried Cranberries, Milk	Cereal, Clementine, Milk	Hard Boiled Egg, Blueberries, Milk
	SN Pear, Triscuits	SN WG Crackers, LF Cream Cheese, Apple Slices	SN Mixed Fruit Cup, Cottage Cheese	SN Broccoli Trees, Hummus	SN WG Gold Fish Crackers, Applesauce
	Milk Pizza Munchable (Flatbread, Strawberry Cup)	Milk Sunbutter Sandwich Pepper Slices Watermelon	Milk Deli Wrap on WG Tortilla with Lettuce Cucumber Slices Raisins	Milk WG Tortilla Chips w/ Cheese Cup Carrots Clementine	Milk Yogurt Parfait (sliced strawberries, Baby Carrots and Celery Sticks)
	SN Hummus w/ Pita Chips	SN String Cheese, Carrots	SN Fruit Cup, Pretzel Sticks	SN String Cheese, Strawberries	SN Kiwi, WG Mini Bagel
	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:
Week 2	Mixed Berries, Bagel, Milk	Banana, Cereal, Milk	WG Cereal, Pineapple, Milk	Hard Boiled Egg, Peach Cup, Milk	WG English Muffin, Raisins, Milk
	SN WG Goldfish Crackers, Grape Tomatoes	SN Cottage Cheese, Apple Slices	SN Hummus, Baby Carrots	SN Strawberries, String Cheese	SN Sun Nut Butter, Apple Slices
	Milk Turkey Sandwich on WG Bun Cauliflower Buds Orange Smiles	Milk Peanut Butter Sandwich on WG Bread Cantaloupe Cup Red and Green Pepper Strips	Milk Egg Salad Sandwich on WG Pita Bread Green and Red Grapes Tomato Slices	Milk Tuna Salad Wrap on WG Tortilla Cherry Tomatoes and Zucchini Strips Apple Slices	Milk Sliced Ham and Swiss Cheese Sandwich Tossed Salad Greens with Tomatoes Kiwi
	SN Banana Muffin, 100% Juice	SN Strawberry Cup, Pretzels	SN Broccoli Florets, Mandarin Oranges	SN WG Teddy Grahams, Banana	SN WG Cheez-It Crackers, Yogurt
	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:	# Made:      # Served:

### Menu Notes\*

[CACFP Meal Pattern](#)

[FNS Response to Covid-19](#)

Meals should be easy to prepare, package or transport home.

Serve appropriate serving sizes and textures/age group.

Canned fruit may be pre-packaged in fruit cups.

Cereal - creditable, dry cereal