

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	Waffle
SNACK	Milk	--	--	--	--	--
	Vegetable	Cucumber	--	--	--	--
	Fruit	Watermelon	--	Tasty Plum Salsa Plum	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.

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		MONDAY DAY 11	TUESDAY Day 12	WEDNESDAY Day 13	THURSDAY Day 14	FRIDAY Day 15
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	Build-a-Bear Pancake Banana Slices	Applesauce	Orange Wedges	Plum	Honeydew Melon
	Grain/Meat ⁺	Build-a-Bear Pancake WGR Pancakes	Blueberry Muffin	Fall Apple Pumpkin Oatmeal Quick Cooking Oats	WGR Cereal	French Toast Sticks
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	Pizza Kebab Cherry Tomatoes	Cucumber Slices	Black Beans	Asian Chicken & Broccoli Broccoli	Celery, Carrot, Radish Salad
	Fruit/Vegetable*	Peach Slices	Pear Slices	Mango Chunks	Mandarin Orange	Pineapple
	Meat/Meat Alternate	Pizza Kebab Turkey Salami & Cheese	Nut Butter	Tofu Taco Tofu	Asian Chicken & Broccoli Chicken	Chicken Salad
	Grain	Pizza Kebab WGR Pita Bread	WGR Bread	Tofu Taco Crispy Corn Taco	Rice	WGR Croissant Roll
SNACK	Milk	--	--	--	--	--
	Vegetable	--	Celery/Carrot Sticks	--	--	--
	Fruit	Baby Bear's Honey Bites Oats	--	Watermelon Pop Watermelon & Lime	100% Fruit Juice	Rad Rhubarb Rhubarb & Strawberries
	Meat/Meat Alternate	Baby Bear's Honey Bites Peanut Butter	Heavenly Hummus Chickpeas	Cheese Stick	--	Yogurt
	Grain	--	--	--	WGR Crackers	--
		DAY 16	DAY 17	DAY 18	DAY 19	Day 20
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	Sweet Potato Hash Sweet Potato	Apple Slices	Blueberries	Breakfast on a Stick Banana & Strawberries	Potato Tots
	Grain/Meat ⁺	Sweet Potato Hash Egg	WGR Cereal	Oatmeal	Breakfast on a Stick Pancake	Scrambled Eggs
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	Roasted Asparagus	Tomato Soup	Whole Kernel Corn	Roasted Root Veggies	Cucumber Slices
	Fruit / Vegetable*	Mandarin Orange	Honeydew Melon	Salsa	Cinnamon Pear Slices	Plum
	Meat/Meat Alternate	Sunny Lemon Chicken Chicken	Grilled Cheese Sandwich Cheese	Chicken Chimichanga Chicken	Meatballs in Tomato Sauce	Turkey & Cheese Slices
	Grain	Brown Rice	Grilled Cheese Sandwich WGR Bread	Chicken Chimichanga WGR Flour Tortilla	WGR Spaghetti Noodles	WGR Crackers
SNACK	Milk	--	--	--	--	--
	Vegetable	--	Sour Cucumber Bites Cucumber	--	--	--
	Fruit	--	100% Fruit Juice	Sliced Grapes	--	Strawberries
	Meat/Meat Alternate	1-2-3 Dip! Chickpea	--	Boiled Egg	Cheese Cubes	Yogurt
	Grain	WGR Pita Bread	--	--	WGR Crackers	--

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