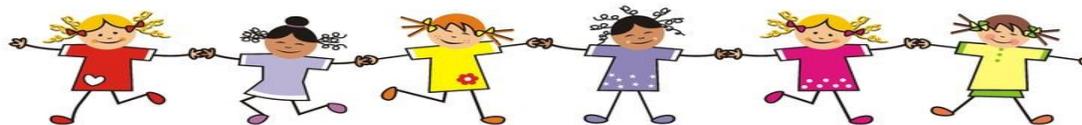


Pre-K School Lunch Menu* (hot lunch menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey & Bean Soup ^a Carrots Sliced grapes Cornbread 1% white milk	Salisbury Steak ^b Brussel sprouts Apple slices Egg noodles Gravy 1% white milk	Turkey Burger Steamed broccoli Orange slices WG bun 1% white milk	Spaghetti & Meat Sauce ^c Tomato sauce Peach slices WG Spaghetti noodles 1% white milk	Chicken Breast Sandwich & Harvest Delight ^d Apple slices Vegetable (Harvest Delight) WG bun 1% white milk
Cheese Pizza Peas & carrots Peach slices 1% white milk	Turkey Meatloaf ^e Mixed vegetables Sliced cantaloupe WG roll Gravy 1% white milk	Bean Burrito Bowl ^f Pinto beans Romaine lettuce w/ tomatoes Sliced pineapple Brown rice 1% white milk	Open Face Chicken Sandwich Green beans Mashed potatoes/Gravy WG roll 1% white milk	Sweet & Sour Pork Sweet & sour pork ^g Chinese vegetables ^h Mandarin oranges Brown rice 1% white milk
Chicken Fajitas ⁱ Bell pepper/salsa Pear slices WG Tortillas 1% white milk	Beef Shepherd's Pie ^j Peas & carrots Sliced melon WG Cornbread 1% white milk	Oven Baked Fish Cole slaw Orange slices Brown rice 1% white milk	Chicken Ratatouille ^k Ratatouille vegetables Sliced grapes WG Fettuccini 1% white milk	Grilled Cheese & Minestrone Soup ^l Vegetables (soup) Applesauce WG bread 1% white milk
Vegetable Chili ^m Cheese Stick Kidney beans Pear slices Cornbread 1% white milk	Chicken Stir Fry ⁿ Chicken + edamame Broccoli/carrots/peppers Pineapple chunks Brown rice 1% white milk	Zucchini Lasagna ^o Mozzarella/cottage cheese Zucchini/ Tomato sauce Orange slices WG breadstick 1% white milk	Oven Baked Chicken Steamed broccoli Applesauce Bread stuffing 1% white milk	Turkey & Beef Macaroni ^p Celery Mandarin oranges 1% white milk





* Please refer to the [USDA CACFP Child Meal Pattern](#) for required component minimum serving sizes for age range.

Recipes referenced:

^a Tuscan Smoked Turkey & Bean Soup - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tuscan-smoked-turkey-and-bean-soup>

CACFP and NSLP crediting: 1 cup = 1 ½ oz eq meat/meat alternate, 1/8 cup red/orange vegetable and 1/8 cup other vegetable

^b Salisbury Steak - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/salisbury-steak-usda-recipe-d-330-cacfp>

CACFP crediting: 1 steak = 2 oz meat/meat alternate and 0.25 serving grains/bread

NSLP crediting: 1 steak = 2 oz eq meat/meat alternate and 0.25 oz eq grains

^c Spaghetti & Meat Sauce - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/spaghetti-and-meat-sauce-usda-recipe-d350-0>

CACFP crediting: 1 cup (8 ounce spoodle) = 2 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup (8 ounce spoodle) = 2 oz eq meat/meat alternate, 3/8 cup red/orange vegetable and 1 oz eq grains

^d Harvest Delight (sweet potato, squash, and apple salad) - <https://fns-prod.azureedge.net/sites/default/files/tn/harvestdelight-cc.pdf>

CACFP crediting: ½ cup = ½ cup vegetable and 1/8 cup fruit

NSLP crediting: ½ cup = 3/8 cup red/orange veg, 1/8 cup other veg and 1/8 cup fruit

^e Turkey Meatloaf - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/turkey-meatloaf-usda-recipe-d27-cacfp>

CACFP crediting: 1 turkey slice and 1 roll = 2 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 turkey slice and 1 roll = 2 oz eq meat/meat alternate, 1/8 cup dk green veg, 1/8 cup additional veg and 1 oz eq grains

^f Bean Burrito Bowl - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/bean-burrito-bowl-usda-recipe-d-120a-cacfp>

CACFP crediting: 1 bowl = 1.5 oz meat/meat alternate, 5/8 cup vegetable and 1 serving grains/bread

NSLP crediting: 1 bowl – 1.5 oz eq meat/meat alternate, 3/8 cup r/o veg, 1/8 cup other veg, 1/8 cup additional veg and 1 oz eq grains

^g Sweet & Sour Pork - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/sweet-and-sour-pork-usda-recipe-d36-cacfp>

CACFP crediting: ¾ cup (6 ounce spoodle) = 2 oz meat/meat alternate, 1/8 cup vegetable and 1/8 cup fruit

NSLP crediting: ¾ cup (6 ounce spoodle) = 2 oz eq meat/meat alternate, 1/8 cup additional vegetable and 1/8 cup fruit



^h Chinese Style Vegetables- <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chinese-style-vegetables-usda-recipe-i-090-cacfp>

¼ cup = ¼ cup vegetables

ⁱ Chicken Fajitas – <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-fajitas-usda-recipe-d-400-cacfp>

CACFP crediting: 1 fajita = 2 oz meat/meat alternate, ¼ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 fajita = 2 oz eq meat/meat alternate, 1/8 cup starchy veg, 1/8 cup additional veg and 1 oz eq grains

^j Beef Shepherd's Pie - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/beef-shepherds-pie-usda-recipe-d-430-cacfp>

CACFP crediting: 1 serving = 2 oz meat/meat alternate and 5/8 cup vegetable

NSLP crediting: 1 serving = 2 oz eq meat/meat alternate, ½ cup starchy veg and 1/8 cup additional veg

^k Chicken Ratatouille - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-ratatouille-1>

CACFP and NSLP crediting: 3/8 cup (#10 scoop) = 1.5 oz meat/meat alternate and ¼ cup vegetable

^l Minestrone Soup - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/minestrone-soup-usda-recipe-h-070-cacfp>

CACFP crediting: 1 cup = ½ cup vegetable

NSLP crediting: 1 cup = 1/8 cup legume veg, 1/8 cup r/o veg and ¼ cup additional veg

^m Vegetable chili – <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/vegetable-chili-usda-recipe-d49-cacfp>

CACFP crediting: ¾ cup = 5/8 cup vegetable and 0.25 serving grains/bread

NSLP crediting: ¾ cup = ¼ cup legume veg, ¼ cup r/o veg, 1/8 cup other veg and 0.25 oz eq grains

ⁿ Chicken Stir Fry - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-stir-fry-usda-recipe-d-390-cacfp>

CACFP crediting: 1 cup = 2 oz meat/meat alternate, ½ cup vegetable and 1/8 cup fruit

NSLP crediting: 1 cup = 2 oz eq meat/meat alternate, 1/8 cup dk green veg, 1/8 cup r/o veg, ¼ cup additional veg and 1/8 cup fruit

^o Zucchini Lasagna - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/easy-zucchini-lasagna>

CACFP and NSLP crediting: 1 piece = 1 oz eq meat/meat alternate, ½ cup vegetable and ½ oz eq grains

^p Turkey & Beef Macaroni - <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/turkey-and-beef-macaroni-usda-recipe-530-cacfp>

CACFP crediting: 1 cup = 2 oz meat/meat alternate, ½ cup vegetable and 1 serving grains/bread

NSLP crediting: 1 cup = 2 oz eq meat/meat alternate, ½ r/o veg and 1 oz eq grains