

MENU IDEAS

Thank you to everyone who attended the annual CACFP training in June 2024. During the training, we had facilities write down their children's favorite breakfast, lunch, and snack items. Take a look at the lists and see if you can draw any inspiration.

Breakfast			Snack	
Waffles/sausage	Fruit	Milk	Graham Cracker	Yogurt
French Toast	Fruit	Milk	Black bean, corn salsa	WG Chips
Fruit bran muffins	Fruit	Milk	goldfish crackers	Milk
vanilla yogurt	Banana/Berry	Milk	Banana muffins	Milk
Whole grain blueberry muffin	Raisins	Milk	Triscuit	100% Fruit juice
French toast sticks	Applesauce	Milk	String Cheese	Cucumbers
Pancake/Sausage on a stick	Fruit	Milk	Cheese-its	Milk
Scrambled egg	Blueberries	Milk	ham	Tortilla roll-up
Oatmeal	Raisin	Milk	String Cheese	Ritz Crackers
Life cereal	Raisin	Milk	Yogurt	Grape nut cereal
Cheese tortillas	Fruit	Milk	WG Muffin	Banana
Muffins from scratch	Fruit	Milk	Wheat Thin	Cheese sticks
Pancakes and sausage	Apples	Milk	Animal Crackers	Milk
Waffles	Strawberry	Milk	Crackers	Sliced Cheese
Cheerios	Bananas	Milk	Pretzel w/ranch	Applesauce
Peanut Butter WG Toast	Strawberry	Milk	Tortilla W PB	Banana
Blueberry Chex	Peaches	Milk	Bagels	100% Juice
WG English Muffin w/ wow butter	Strawberry	Milk	Graham Crackers	Banana
Mini pancakes	Bananas	Milk	Cheese WG tortilla	Apple Juice
Sausage	Bananas	Milk	Bread Sticks w/Pizza Sauce	Milk
Waffle Wednesdays	Fruit	Milk	Cheez-it	Applesauce
English muffin sand(sausage, eggs)	Strawberry	Milk	Celery w/Peanut Butter	Milk
Toast	Bananas	Milk	Cheese	Crackers
Yogurt Granola	Berries	Milk	Banana Sushi- WG tortilla	PB w/Banana rolled up
Waffles	Fruit	milk	Meat/cheese	Crackers
Boiled Eggs/WW Toast	Fresh Fruit	Milk	Trail mix	Milk
Breakfast Pizza	Fruit	Milk	Teddy Graham	Yogurt
French Toast sticks	Fruit	Milk	Oranges	Cheese
Waffles	Strawberries	Milk	Summer sausage/cheese	Crackers
French Toast with Bacon	Strawberries	Milk	Ranch crackers	Milk
Sausage with WG Bread Slice	Oranges	Milk	Mandarin Oranges	Milk
			Chips	Salsa
			WG Chex	Juice
			Breadstick	String Cheese
			Grapes	Pretzel Sticks
			Breadsticks w/ sauce	Fruit
			Smoothie	Pretzels
			Smoothie	Yogurt
			Hard Boiled Eggs	Pickles

Lunch				
Snowy day sandwich	Vegetable	Fruit	WG bread	Milk
Scrambled eggs/sausage	Hashbrown	Fruit	Toast	Milk
Hamburger mac hotdish	Corn	Fruit	Noodles	Milk
Gr beef Spaghetti	Green Beans	Fruit	Garlic bread/noodles	Milk
Cajan sausage alfredo	Vegetable	Fruit	Noodles	Milk
Tacos	Vegetable	Fruit	Shells	Milk
Chicken Pot Pie	Vegetables	Peaches	WG Biscuits	Milk
Hamburger tomato hotdish	Corn	Man.org	Noodles	Milk
Taco Salad	Broccoli	Peaches	Bread	Milk
Cheeseburger hotdish	Vegetables	Fruit	Bread	Milk
Brat	Potato salad	Peas	Bun	Milk
Meatloaf	Corn	Peaches	Bread	Milk
Extra cheese pizza	corn	Peaches	Crust	Milk
Spaghetti	Green beans	Pears	Garlic toast	Milk
Taco in a bag	Lettuce	Fruit	Chips	Milk
Turkey w/gravy	Mashed Potatoes	Carrots	WG bread	Milk
CN Crispito	Corn	Strawberry	Tortilla	Milk
Homemade Lunchables	Carrot	Fruit	Crackers	Milk
Chicken nuggets	Green beans	Grapes	Mac & Cheese	Milk
Turkey burger	Vegetables	Fruit	Bun	Milk
Chili	Vegetables	Fruit	Crackers	Milk
Italian Dunkers-1/2 WG Bun	Marinara sauce	Corn	Bun	Milk
Tator tot hotdish	Corn/ TaterTots	Fruit	Bread	Milk
Chicken gravy	Mashed Potatoes	Fruit	Bread	Milk
Mac & Cheese/Yogurt	Broccoli	Fruit	Noodles	Milk
Orange chicken	Broccoli	Fruit	Brown rice	Milk
Lemon pepper fish	Broccoli	Fresh Fruit	Rice	Milk
Grilled cheese	Tomato soup	Fruit	Bread	Milk
Rib sandwich	Smile fries/ salad	Watermelon	Bun	Milk
TaterTot Hotdish w/ Chicken	WG Bread	Fruit	TaterTots	Milk
Spaghetti with Meat Sauce	Spaghetti	Fruit	Tomato Sauce	Milk
Mac and Cheese (real cheese)	Noodles	Fruit	Veg	Milk
Taco Rice Casserole	WG Blue Chips	Fruit	Veg	Milk
Knoephla and Turkey Sandwich	WG bread	Fruit	Veg	Milk
Tacos	Hard/Soft Shell	Fruit	Veg	Milk
KFC Bowl with Chicken w/ Gravy	WG Bread Slice	Corn	Mashed Potato	Milk
Sausage	Pancake	Blueberries	Green Beans	Milk
English Muffin Pizza	English Muffin	Fruit	Veg	Milk
Stroganoff	WG Bread Slice	Peaches	Green Beans	Milk
Swedish meatballs	WG Bread Slice	Mashed Potatoes	Green Beans	Milk
Mini Corn Dog	CornDog Breeding	Fruit	Veg	Milk