

CACFP At-Risk Afterschool Snack/Supper Sample Cycle Menu

Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (lunch)
Menu:		Stir-fry	Pita pockets	Vegetable pizza	Pasta salad	Chicken sandwich	Egg salad sandwich
Meal Components	Meat or meat alternate	Tofu or chicken	Turkey cold cuts	Mozzarella cheese	Cannellini beans	Chicken breast	Hardboiled eggs
	Grain	Brown rice	Whole grain pita	Whole grain pizza crust	Whole grain pasta	Whole grain roll	Whole grain bread
	Vegetable	Snow peas	Fresh spinach	Chopped broccoli	Diced bell pepper	Cauliflower	Celery sticks
	Vegetable or fruit	Bell pepper strips	Sliced cucumber	Diced red peppers	Cherry tomatoes	Sliced peaches	Grapes
	Fluid milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk

Snack—any two meal components, plus water if no other beverage:

Meal Components	Meat or meat alternate	Cheese cubes	Yogurt		Hummus		Cheese cubes
	Grain				Whole grain pita		Whole grain crackers
	Vegetable					Baby carrots	
	Vegetable or fruit	Apple	Strawberries	Fresh fruit salad		Grapes	
	Fluid milk			1% or fat-free milk			

At-Risk programs that operate on weekends and/or during school breaks throughout the regular school year may serve meals/snacks on those days in addition to or instead of after school. Programs may serve up to one meal and one snack per child per day. In this example, the program serves lunch and an afternoon snack on Saturdays.



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (lunch)	
Menu:	Ham & cheese sandwich	Bean burritos	Chef salad	Breakfast for dinner	Vegetable wrap	Lentil tacos	
Meal Components	Meat or meat alternate	Sliced ham	Cheddar cheese	Chopped chicken and turkey	Scrambled eggs	Hummus	Cheddar cheese
	Grain	Whole grain bread	Whole grain tortilla	Whole grain roll	Whole grain toast	Whole grain tortilla or pita	Whole grain tortilla
	Vegetable	Baby carrots	Black beans	Romaine lettuce	Roasted potatoes	Fresh spinach	Lentils
	Vegetable or fruit	Apple	Avocado	Chopped tomatoes	Fresh fruit salad	Cucumber slices	Diced tomatoes
	Fluid milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk

Snack—any two meal components, plus water if no other beverage:

Meal Components	Meat or meat alternate	Hummus	Nut butter	Cottage cheese	Nut butter	Yogurt	
	Grain		Whole grain bagel				Whole grain banana muffin
	Vegetable				Celery sticks		
	Vegetable or fruit	Sugar snap peas		Orange slices		Diced pineapple	
	Fluid milk						1% or fat-free milk

Learn more at

AfterschoolMealsNY.org