

## Gleaners CACFP Supper Menu A2 2020-21

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Saturday		Sunday	
Chicken Salad and Crackers		Black Bean Tacos		Peanut Butter And Jelly Wrap		Pasta with Tomato Sauce		Tuna Salad Wrap		Vegetable Soup		Chicken Pasta Salad	
Grain	1 oz grain equivalent whole grain crackers	Grain	1-6 in whole grain tortilla	Grain	1-6 in whole grain tortilla	Grain	1/2 c whole grain noodles	Grain	1-6 in whole grain tortilla	Grain	1 oz equivalent whole grain crackers	Grain	1/2 c whole grain pasta
M/MA	2 oz canned chicken	M/MA	1/4 c black beans and 1 oz cheese	M/MA	4 Tbs. peanut butter	M/MA	2 oz canned chicken	M/MA	2 oz canned tuna	M/MA	1/2 c Black Beans	M/MA	2 oz canned chicken
Fruit	1/4 c Applesauce	Fruit	1/4 c Mixed Fruit	Fruit	1/4 c canned peaches	Fruit	1/4 c Mixed Fruit	Fruit	1/4 c Applesauce	Fruit	1/4 c Applesauce	Fruit	1/4 c canned peaches
Vegetable	1/2 c canned peas	Vegetable	1/4 c salsa, 1/4 c diced tomatoes	Vegetable	1/2 c green beans	Vegetable	1/2 c tomato/marinara sauce	Vegetable	1/2 c canned mixed vegetables	Vegetable	1/4 c tomato, 1/4 c canned corn	Vegetable	1/2 c peas
Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% unflavored milk
Other	1 packet Low-fat mayonaise			Other	1 packet jelly			Other	1 packet Low-fat mayonaise	Other	1 c low-sodium broth	Other	1 packet Mayonaise, 2 oz cheese
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Saturday		Sunday	
Peanut Butter Crackers with Raisins		Cheesy Chicken and Rice		Mixed Vegetable Quesadilla		Pita Pizza		Burrito Bowl		Bean and Cheese Quesadilla		Chicken Salad Wrap	
Grain	1 oz grain equivalent whole grain crackers	Grain	1/2 c brown rice	Grain	1-6 in whole grain tortilla	Grain	1/2 whole grain pita (28g)	Grain	1/2 c brown rice	Grain	1-6 in whole grain tortilla	Grain	1-6 in whole grain tortilla
M/MA	4 Tbsp peanut butter	M/MA	2 oz Canned Chicken, 1 oz cheese	M/MA	2 oz cheese	M/MA	2 oz cheese	M/MA	1/2 c Black Beans	M/MA	2 oz cheese	M/MA	2 oz canned chicken
Fruit	1/8 c raisins	Fruit	1/4 c canned peaches	Fruit	1/4 c mixed fruit	Fruit	1/4 c canned peaches	Fruit	1/4 c Applesauce	Fruit	1/4 c mixed fruit	Fruit	1/4 c canned peaches
Vegetable	1/2 c green beans	Vegetable	1/2 c canned peas	Vegetable	1/4 mixed vegetables, 1/4 c salsa	Vegetable	1/4 c tomato/marinara sauce, 1/4 cup mixed vegetables	Vegetable	1/4 c salsa, 1/4 c corn	Vegetable	1/4 c black beans, 1/4 c corn	Vegetable	1/2 c mixed vegetables
Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk	Milk	8 fl oz 1% Unflavored Milk
										Other	1/4 c salsa	Other	1 packet Mayonaise, 2 oz cheese

This institution is an equal opportunity provider