

May 2024

St. Marcus Lutheran School CACFP Dairy & Egg Free Breakfast Menu



ALLERGY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR CACFPs: UNFLAVORED WHOLE MILK (1 YEAR OLDS) UNFLAVORED SKIM or 1% (2-5 YEAR OLDS) CHOCOLATE SKIM (6+ YEAR OLDS) MENU SUBJECT TO CHANGE	WG = Whole Grain Item ** indicates item is 2 oz equivalents of grain	1 SAME AS CACFP MENU Dairy Free Milk	2 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Pineapple Fruit Cup Dairy Free Milk	3 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Seasonal Fruit Dairy Free Milk
6 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Applesauce Cup Dairy Free Milk	7 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Mandarin Orange Fruit Cup Dairy Free Milk	8 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Fresh Banana Dairy Free Milk	9 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Seasonal Fruit Dairy Free Milk	10 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Seasonal Fruit Dairy Free Milk
13 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Berry Applesauce Cup Dairy Free Milk	14 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Seasonal Fruit Dairy Free Milk	15 WG Strawberry Rockin'ola Dairy & Egg Free Yogurt Cup or Crackers Fresh Banana Dairy Free Milk	16 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Diced Peach Cup Dairy Free Milk	17 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Seasonal Fruit Dairy Free Milk
20 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Applesauce Cup Dairy Free Milk	21 Dairy & Egg Free WG Cereal (6 grams of sugar or less) Dairy & Egg Free WG Crackers Mixed Fruit w/ Cherries Cup Dairy Free Milk	22 SAME AS CACFP MENU NO CHEESE USE DAIRY & EGG FREE CRACKER Dairy Free Milk	23 Dairy & Egg Free WG Cereal (6 grams of sugar or less) WG Chocolate Bear Grahams Seasonal Fruit Dairy Free Milk	24 -HOT BREAKFAST- Specialty Dairy & Egg Free Hot BF Seasonal Fruit Dairy Free Milk
27 -MEMORIAL DAY- MCFI CLOSED	28	29	30	31

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

This institution is an equal opportunity provider.

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