

Facility _____

Mth/Yr _____

CACFP WEEKLY MENU

Date _____

Date _____

Date _____

Date _____

Date _____

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST (3 components required)	Milk	1/2 cup	3/4 cup	1 cup						
	Fruit/Vegetable	1/4 cup	1/2 cup	1/0 cup						
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq						
LUNCH & SUPPER (All 5 components required)	Milk	1/2 cup	3/4 cup	1 cup						
	Vegetable+	1/8 cup	1/4 cup	1/2 cup						
	Fruit	1/8 cup	1/4 cup	1/4 cup						
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq						
	Meat/Meat Alternat	1 oz	1 1/2 oz	2 oz						
Afternoon Snack (2 components required)	Milk or Juice	1/2 cup	1/2 cup	1 cup						
	Fruit or Vegetable	1/4 cup	1/2 cup	1 cup						
	Grain or Meat	1 oz	1 1/2 oz	2 oz						
Night Snack (2 components required)	Milk or Juice	1/2 cup	1/2 cup	1 cup						
	Fruit or Vegetable	1/2 cup	1/2 cup	1 cup						
	Grain or Meat	1/2 oz	1/2 oz	1 oz						

This institution is an equal opportunity provider



Age 1 served whole milk
 Ages 2-18 served 1% or fat-free
 All milk is unflavored

Meal planning reminders:

At least one meal grain ingredient per day must be whole grain-rich.

Juice cannot only be served once on the menu per day.

Breakfast cereals must be less than 6 grams sugar per serving. Meat may be served in place of breakfast grain twice a week.

Meat may be served in place of grain, twice a week for breakfast. Fruit is still required.