

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
LUNCH	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SNACK	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

^{*} The fruit component at lunch may be substituted by a second vegetable.

Menu reviewed by: Angel Veach



Age 1 served whole milk.
Ages 2-5 served 1% or fat-free milk.
All milk served is unflavored.



At least one serving of grains per day must be whole grain-rich (noted as WGR or WG).
Note: oz eq = ounce equivalent



Water is always available throughout the day

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