

CACFP Weekly Menu

Center Name: _____

Month: _____

		Adult	Saturday	Sunday
		Date:	Date:	
Breakfast	Milk	1 cup		
	Fruit/Vegetable	1/2 cup		
	Grain/Meat*	2 oz eq		
Lunch	Milk	1 cup		
	Vegetable	1/2 cup		
	Fruit ⁺	1/2 cup		
	Grain	2 oz eq		
	Meat/Meat Alternate	2 oz		
Snack	Milk	1 cup		
	Fruit	1/2 cup		
	Vegetable	1/2 cup		
	Grain	1 oz eq		
	Meat/Meat Alternate	1 oz		

Offer versus serve is an option for adult participants

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

+A second different vegetable may be served in place of the entire fruit component at lunch and/or supper.

Oz eq = ounce equivalents

At Snack, select 2 of the 5 components

^A serving of milk is optional at supper meals for adults



Serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.
Designate the WGR item on the menu with an *

