

# CACFP Weekly Menu

Center Name: \_\_\_\_\_

Month: \_\_\_\_\_

		<b>Ages 1–2</b>	<b>Ages 3–5</b>	<b>Ages 6–18</b>	<b>Monday</b> Date:	<b>Tuesday</b> Date:	<b>Wednesday</b> Date:	<b>Thursday</b> Date:	<b>Friday</b> Date:
Breakfast	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq					
AM Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					
Lunch	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit <sup>+</sup>	1/8 cup	1/4 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					
PM Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

\*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



Age 1 serve whole milk  
Age 2–18 serve 1% or fat-free  
Age 5 & under serve unflavored milk



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

