## CACFP Weekly Menu

Cycle M	1enu:	

Site Name:	
Site Name:	

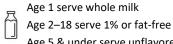
		Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6–18	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Breakfast	Milk	1 cup							
	Fruit/Vegetable	1/2 cup							
	Grain/Meat*	1 oz eq							
Lunch	Milk	1 cup							
	Fruit <sup>+</sup>	1/4 cup							
	Vegetable	1/2 cup							
	Grain	1 oz eq							
	Meat/Meat Alternate	2 oz							
Supper	Milk	1 cup							
	Vegetable	1/2 cup							
	Fruit	1/2 cup							
	Grain	1 oz eq							
	Meat/Meat Alternate	2 oz							

Note: Emergency shelters may serve up to 3 meals per participant per day. Child and Adult care facilities may only serve up to 2 meals and a snack or 2 snacks and a meal per participant per day.

- \*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 5 & under serve unflavored milk

This institution is an equal opportunity provider.



At least one serving of grains per day must be whole grain-rich.

Designate the WGR item on the menu with an \*

Check this box to certify that this menu reflects USDA meal pattern flexibilities for sites serving primarily Alaska Native or Native Amerian participants allowing a vegetable to be served in place of a grain.

