

# CACFP Weekly Menu

Site Name: \_\_\_\_\_

Cycle Menu: \_\_\_\_\_

		Ages 6–18	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday 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	1/4 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 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 \*

This institution is an equal opportunity provider.

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

