CACFP Weekly Menu

Month:

Center Name:

		Ages	Ages	Ages	Monday	Tuesday	Wednesday	Thursday	Friday
		1–2	3–5	6–18	Date:	Date:	Date:	Date:	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					
Lunch	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit⁺	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					
Supper	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruit	1/8 cup	1/4 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					

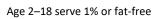
*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

+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 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 here 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.



Washington Office of Superintendent of **PUBLIC INSTRUCTION**