

# CACFP Weekly Menu

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

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

		Ages 1–2	Ages 3–5	Ages 6–18	Saturday Date:	Sunday Date:
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	1/2 oz	2 oz		
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		
Supper	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		

+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 \*

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.

This institution is an equal opportunity provider.



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**