

# CACFP Weekly Menu

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

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

		Adult	Monday	Tuesday	Wednesday	Thursday	Friday
		Date:	Date:	Date:	Date:	Date:	Date:
AM Snack	Milk	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz eq					
Lunch	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit <sup>+</sup>	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
PM Snack	Milk	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

Offer versus serve is an option for adult participants

\*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

^A serving of milk is optional at supper meals for adults



Serve flavored or unflavored fat-free, low-fat, reduced-fat or whole milk.



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.

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

