

CACFP Weekly Menu

Center Name: _____

Month: _____

		Adult	Monday	Tuesday	Wednesday	Thursday	Friday
			Date:	Date:	Date:	Date:	Date:
Breakfast	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat*	2 oz eq					
Lunch	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit ⁺	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
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

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.



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



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

