

# CACFP Weekly Menu

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

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


		Ages 1–2	Ages 3–5	Ages 6–18	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday 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					
AM 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					
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 1/2 oz	2 oz					
PM 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					

\*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 unflavored whole milk
- Age 2–5 Serve unflavored fat-free, low-fat, reduced-fat or whole milk.
- Age 6 & up May serve flavored 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 \*



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**