

# CACFP Weekly Menu

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

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

		Ages 1–2	Ages 3–5	Ages 6–18	Saturday Date:	Sunday 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**