

# CACFP Weekly Menu

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

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

|        |                     | Ages<br>1–2 | Ages<br>3–5 | Ages<br>6–18 | Saturday<br>Date: | Sunday<br>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 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**