

# CACFP Weekly Menu

| MEAL           | COMPONENT           | AGES 1-2  | AGES 3-5  | AGES 6-18 | ADULTS   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---------------------|-----------|-----------|-----------|----------|--------|---------|-----------|----------|--------|
| BREAKFAST      | Milk                | 1/2 cup   | 3/4 cup   | 1 cup     | 1 cup    |        |         |           |          |        |
|                | Fruit/Vegetable     | 1/4 cup   | 1/2 cup   | 1/2 cup   | 1/2 cup  |        |         |           |          |        |
|                | Grain/Meat +        | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 2 oz eq  |        |         |           |          |        |
| LUNCH & SUPPER | Milk                | 1/2 cup   | 3/4 cup   | 1 cup     | 1 cup ** |        |         |           |          |        |
|                | Vegetable           | 1/8 cup   | 1/4 cup   | 1/2 cup   | 1/2 cup  |        |         |           |          |        |
|                | Fruit*              | 1/8 cup   | 1/4 cup   | 1/4 cup   | 1/2 cup  |        |         |           |          |        |
|                | Grain               | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 2 oz eq  |        |         |           |          |        |
|                | Meat/Meat Alternate | 1 oz      | 1 1/2 oz  | 2 oz      | 2 oz     |        |         |           |          |        |
| SNACK          | Milk                | 1/2 cup   | 1/2 cup   | 1 cup     | 1 cup    |        |         |           |          |        |
|                | Fruit               | 1/2 cup   | 1/2 cup   | 3/4 cup   | 3/4 cup  |        |         |           |          |        |
|                | Vegetable           | 1/2 cup   | 1/2 cup   | 3/4 cup   | 1/2 cup  |        |         |           |          |        |
|                | Grain               | 1/2 oz eq | 1/2 oz eq | 1 oz eq   | 1 oz eq  |        |         |           |          |        |
|                | Meat/Meat Alternate | 1/2 oz    | 1/2 oz    | 1 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. \* The fruit component at lunch may be substituted by an additional vegetable.

\*\* A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

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