

# 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 <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Milk <sup>^</sup>	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruit <sup>*</sup>	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					

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>\*</sup> The fruit component at lunch may be substituted by a second vegetable.

<sup>^</sup> A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



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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 <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH	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					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Fruit	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					

<sup>+</sup> 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 a second vegetable.  
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		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq					
LUNCH	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit*	1/8 cup	1/4 cup	1/2 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					
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					

<sup>+</sup> 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 a second vegetable. oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq					
LUNCH	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

<sup>+</sup> 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 a second vegetable.  
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Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.



# CACFP Weekly Menu

		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat <sup>+</sup>	1 oz eq					
LUNCH	Milk	1 cup					
	Fruit*	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
SNACK	Milk	1 cup					
	Vegetable	3/4 cup					
	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

<sup>+</sup> 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 a second vegetable.  
oz eq = ounce equivalents



Ages 2-18 serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk#	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 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. \* The fruit component at lunch and/or supper may be substituted by a second vegetable.

# Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

oz eq = ounce equivalents



Serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



6-8 8 oz. glasses per day.



# CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					



One 8 oz. glass of water per year of age until 8 years old.



# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	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					
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					

\* 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 a second vegetable.

^ A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit*	1/8 cup	1/4 cup	1/2 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					
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*	1/8 cup	1/4 cup	1/2 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					

\* The fruit component at lunch and/or supper may be substituted by a second vegetable.  
oz eq = ounce equivalents



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age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



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		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					
SUPPER	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					

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age until 8 years old.



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MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	1 cup					
	Fruit*	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
SNACK	Milk	1 cup					
	Vegetable	3/4 cup					
	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
SUPPER	Milk	1 cup					
	Fruit*	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

\* The fruit component at lunch and/or supper may be substituted by a second vegetable.  
oz eq = ounce equivalents



Ages 2-18 serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1oz					
SUPPER	Milk#^	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 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.  
 \* The fruit component at lunch and/or supper may be substituted by a second vegetable. ^ A serving of milk is optional at supper meals for adults.  
 # Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.



Serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



6-8 8 oz. glasses per day.



oz eq = ounce equivalents



# CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					



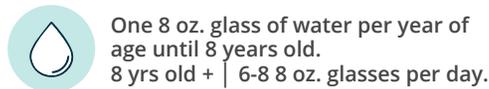
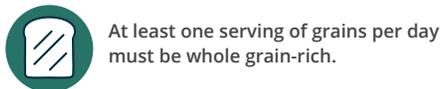
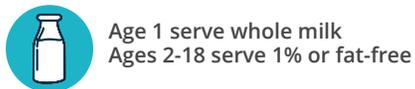
One 8 oz. glass of water per year of age until 8 years old.



# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 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					
LUNCH	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*	1/2 cup	1/2 cup	3/4 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					
PM SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 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 a second vegetable.  
oz eq = ounce equivalents



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		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	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					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruit*	1/8 cup	1/4 cup	1/4 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					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	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. \* The fruit component at lunch and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					
LUNCH	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
PM SNACK	Milk	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

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8 yrs old + | 6-8 8 oz. glasses per day.



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MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	1 cup					
	Fruit	3/4 cup					
	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
LUNCH	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
PM SNACK	Milk	1 cup					
	Fruit	3/4 cup					
	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	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 and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents



Ages 2-18 serve 1% or fat-free



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One 8 oz. glass of water per year of age until 8 years old. 8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
LUNCH	Milk#	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
PM SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1oz					

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.  
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 # Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.



Serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



6-8 8 oz. glasses per day.



oz eq = ounce equivalents



# CACFP Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
PM SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	x	0-1/2 slice					
	Cracker	x	0-2					
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					

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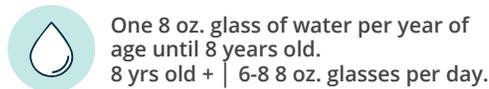
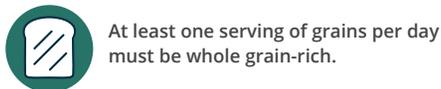
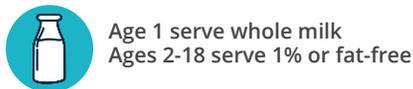
One 8 oz. glass of water per year of age until 8 years old.



# 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 <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH	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					
SUPPER	Milk <sup>^</sup>	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	1/2 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					

<sup>+</sup> 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 a second vegetable.  
<sup>^</sup> A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents



# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq					
LUNCH	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruit*	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					
SUPPER	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Fruit	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					

<sup>+</sup> 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 a second vegetable.  
oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq					
LUNCH	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
SUPPER	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Fruit	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>\*</sup> The fruit component at lunch may be substituted by a second vegetable.  
oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day  
must be whole grain-rich.



One 8 oz. glass of water per year of  
age until 8 years old.



# CACFP Weekly Menu

		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat <sup>+</sup>	1 oz eq					
LUNCH	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
SUPPER	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>\*</sup> The fruit component at lunch may be substituted by a second vegetable.  
oz eq = ounce equivalents



Ages 2-18 serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.  
8 yrs old + | 6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk#	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 oz eq					
LUNCH	Milk#	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
SUPPER	Milk#^	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 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. \* The fruit component at lunch and/or supper may be substituted by a second vegetable.

^ A serving of milk is optional at supper meals for adults.

# Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.  
oz eq = ounce equivalents



Serve 1% or fat-free



At least one serving of grains per day must be whole grain-rich.



6-8 8 oz. glasses per day.



# CACFP Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	4-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					



One 8 oz. glass of water per year of age until 8 years old.

