

CACFP Weekly Menu

		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat ⁺	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					

⁺ 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.



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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.
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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					

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