

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.



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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					

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 * 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.
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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					

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	Fruit*	1/2 cup					
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	Vegetable	1/2 cup					
	Grain	2 oz eq					
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