

# 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.  
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.



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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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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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