

CACFP Weekly Menu

MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk [#]	1 cup					
	Vegetables/Fruits	1/2 cup					
	Grains/Meats ⁺	2 oz eq					
LUNCH	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits [*]	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
SNACK	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					

⁺ Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. ^{*} The fruits component at lunch may be substituted by a second, different 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 milk



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



Sites are encouraged to make water available to adult participants.




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LUNCH	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits [*]	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
SNACK	Fluid Milk [#]	1 cup					
	Fruits	1/2 cup					
	Vegetables	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					
SUPPER	Fluid Milk ^{#^}	1 cup					
	Vegetables	1/2 cup					
	Fruits [*]	1/2 cup					
	Grains	2 oz eq					
	Meat/Meat Alternates	2 oz eq					

* The fruits component at lunch and/or supper may be substituted by a second, different vegetable. ^ A serving of milk is optional at supper meals for adults.
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AM SNACK	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					
LUNCH	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits [*]	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
PM SNACK	Fluid Milk [#]	1 cup					
	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					

* The fruits component at lunch may be substituted by a second, different vegetable.

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National CACFP Association

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