

# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 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.  
oz eq = ounce equivalents



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



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



Centers and homes are required to offer  
water to children throughout the day.



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LUNCH	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					
SUPPER	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					

\* The fruits component at lunch and/or supper may be substituted by a second, different vegetable.  
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AM SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
PM SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					

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