

CACFP Weekly Menu

MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1 cup					
	Vegetables/Fruits	1/2 cup					
	Grains/Meats*	1 oz eq					
LUNCH	Fluid Milk	1 cup					
	Vegetables	1/2 cup					
	Fruits*	1/4 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	2 oz eq					
SNACK	Fluid Milk	1 cup					
	Vegetables	3/4 cup					
	Fruits	3/4 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.
oz eq = ounce equivalents



Serve 1% or fat-free milk



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



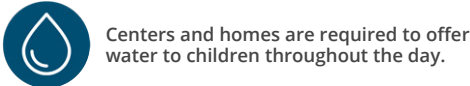
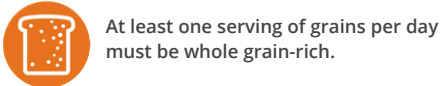
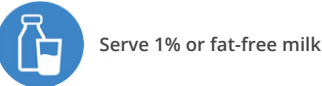
Centers and homes are required to offer water to children throughout the day.



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

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