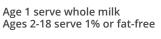
CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
LUNCH & SUPPER	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
SNACK	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

+ 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. A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents











ALL AGES: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

+ 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







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. 8 yrs old + 6-8 8 oz. glasses per day.





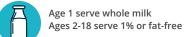
CHILDREN AGES 1-18: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq					
	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit*	1/8 cup	1/4 cup	1/2 cup					
LUNCH	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

+ 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 eg = ounce equivalents









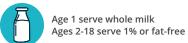
CHILDREN AGES 1-5: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
LUNCH	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					
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
SNACK	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					

+ 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







CHILDREN AGES 6-18: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1 cup					
BREAKFAST	Fruit/Vegetable	1/2 cup					
	Grain/Meat ⁺	1 oz eq					
	Milk	1 cup					
	Fruit*	1/2 cup					
LUNCH	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk	1 cup					
	Vegetable	3/4 cup					
SNACK	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

+ 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





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. 8 yrs old + | 6-8 8 oz. glasses per day.



ADULT: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality care.

CACFP Weekly Menu

		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk#	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 oz eq					
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk#	1 cup					
	Fruit	1/2 cup					
SNACK	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





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



6-8 8 oz. glasses per day.



INFANTS: BREAKFAST, LUNCH + SNACK

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	х	0-4 tbsp					
BREAKFAST	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
SNACK	Cracker	х	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					







CACFP is an indicator of quality care.

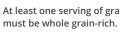
CACFP Weekly Menu

		AGES	AGES 3-5		ADULTS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL	COMPONENT	1-2	3-5	6-18		TO LODATI			
	Milk	1/2 cup	3/4 cup	1 cup	1 cup				
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup				
LUNCH	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq				
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz				
	Milk	1/2 cup	1/2 cup	1 cup	1 cup				
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup				
SNACK	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq				
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz				
	Milk^	1/2 cup	3/4 cup	1 cup	1 cup				
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup				
SUPPER	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq				
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz				

* 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. A serving of milk is optional at supper meals for adults. 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

One 8 oz. glass of water per year of age until 8 years old. 8 yrs old + | 6-8 8 oz. glasses per day.





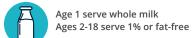
CHILDREN AGES 1-18: LUNCH, SNACK, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit*	1/8 cup	1/4 cup	1/2 cup					
LUNCH	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					
	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit*	1/8 cup	1/4 cup	1/2 cup					
SUPPER	Vegetable	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					

* The fruit component at lunch and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents





One 8 oz. glass of water per year of age until 8 years old. 8 yrs old + | 6-8 8 oz. glasses per day.





cacfp.org | This institution is an equal opportunity provider.

CHILDREN AGES 1-5: LUNCH, SNACK, SUPPER

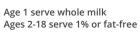
CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
LUNCH	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					
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
SNACK	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					
	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
SUPPER	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					

* The fruit component at lunch and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents











CHILDREN AGES 6-18: LUNCH, SNACK, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1 cup					
	Fruit*	1/2 cup					
LUNCH	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk	1 cup					
	Vegetable	3/4 cup					
SNACK	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
	Milk	1 cup					
	Fruit*	1/2 cup					
SUPPER	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

* The fruit component at lunch and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents

Ages 2-18 serve 1% or fat-free



One 8 oz. glass of water per year of age until 8 years old. 8 yrs old + | 6-8 8 oz. glasses per day.





cacfp.org | This institution is an equal opportunity provider.

ADULT: LUNCH, SNACK, SUPPER

CACFP is an indicator of quality care.

CACFP Weekly Menu

MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk#	1 cup					
	Fruit	1/2 cup					
SNACK	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1oz					
	Milk#^	1 cup					
	Vegetable	1/2 cup					
SUPPER	Fruit*	1/2cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 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.





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



6-8 8 oz. glasses per day.





CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
SNACK	Cracker	х	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
SUPPER	Cheese	х	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					







CACFP is an indicator of quality care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES	AGES	AGES	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2	3-5	6-18						
	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
AM SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
LUNCH	Fruit*	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
PM SNACK	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

+ 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







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. 8 yrs old + | 6-8 8 oz. glasses per day.





CHILDREN AGES 1-18: LUNCH + 2 SNACKS

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
AM SNACK	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					
	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					
	Milk	1/2 cup	1/2 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
PM SNACK	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

+ 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. oz eq = ounce equivalents









CHILDREN AGES 1-5: LUNCH + 2 SNACKS

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
AM SNACK	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					
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
LUNCH	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					
	Milk	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
PM SNACK	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					

+ 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. oz eq = ounce equivalents







8 yrs old + | 6-8 8 oz. glasses per day.



CHILDREN AGES 6-18: LUNCH + 2 SNACKS

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1 cup					
	Fruit	3/4 cup					
AM SNACK	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
	Milk	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk	1 cup					
	Fruit	3/4 cup					
PM SNACK	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

+ 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. oz eq = ounce equivalents





One 8 oz. glass of water per year of age until 8 years old. 8 yrs old + | 6-8 8 oz. glasses per day.





cacfp.org | This institution is an equal opportunity provider.

ADULT: LUNCH + 2 SNACKS

CACFP is an indicator of quality care.

CACFP Weekly Menu

		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk#	1 cup					
	Fruit	1/2 cup					
AM SNACK	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk#	1 cup					
	Fruit	1/2 cup					
PM SNACK	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1oz					

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.





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



oz eq = ounce equivalents



INFANTS: LUNCH + 2 SNACKS

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
AM SNACK	Cracker	x	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
LUNCH	Cheese	х	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Bread	х	0-1/2 slice					
PM SNACK	Cracker	x	0-2					
	Infant or RTE Cereal	х	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp					

www.cacfp.org







ALL AGES: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality care.

CACFP Weekly Menu

		AGES	AGES	AGES						
MEAL	COMPONENT	1-2	3-5	6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
	Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
SUPPER	Fruit*	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					

⁺ 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. A serving of milk is optional at supper meals for adults. oz eq = ounce equivalents







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. 8 yrs old + | 6-8 8 oz. glasses per day.





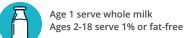
CHILDREN AGES 1-18: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup	1 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq					
	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					
	Milk	1/2 cup	3/4 cup	1 cup					
	Vegetable	1/8 cup	1/4 cup	1/2 cup					
SUPPER	Fruit	1/8 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz					

+ 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







CHILDREN AGES 1-5: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
	Milk	1/2 cup	3/4 cup					
	Fruit*	1/8 cup	1/4 cup					
LUNCH	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					
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
SUPPER	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					

+ 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







CHILDREN AGES 6-18: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		AGES		THECDAY		THURCHAY	FRIDAY
	1	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	1 cup					
BREAKFAST	Fruit/Vegetable	1/2 cup					
	Grain/Meat ⁺	1 oz eq					
	Milk	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk	1 cup					
	Vegetable	1/2 cup					
SUPPER	Fruit	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

+ 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







cacfp.org | This institution is an equal opportunity provider.

ADULT: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality care.

CACFP Weekly Menu

		·	<i>₫</i>	I			
		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk#	1 cup					
BREAKFAST	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 oz eq					
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk#^	1 cup					
	Fruit	1/2 cup					
SUPPER	Vegetable	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 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.

^ A serving of milk is optional at supper meals for adults.

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





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



6-8 8 oz. glasses per day.



INFANTS: BREAKFAST, LUNCH, SUPPER

CACFP is an indicator of quality child care.

CACFP Weekly Menu

		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	4-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	х	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp					
SUPPER	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz					
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp					
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	х	0-2 tbsp					





