

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Fluid Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	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 and/or supper may be substituted by a second, different vegetable.

^ A serving of fluid milk is optional at supper for adults. 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.
Sites are encouraged to make water
available to adult participants.



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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					

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BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup					
	Grains/Meats ⁺	1/2 oz eq	1/2 oz eq	1 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup					
	Fruits [*]	1/8 cup	1/4 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	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.
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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.



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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					

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Ages 2+ serve 1% or fat-free milk



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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.



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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.



CACFP Weekly Menu

CACFP is an indicator of quality child care.

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal ⁺	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal ⁺	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SNACK	Milk	Breastmilk or Infant Formula ⁺	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal ⁺	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

⁺ Iron fortified

oz eq = ounce equivalents

fl oz = fluid ounces



Infants may be offered small amounts of water once they start eating solid foods. Consult with parents or guardians prior to offering water.

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz	2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
SUPPER	Fluid Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	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 and/or supper may be substituted by a second, different vegetable.

^ A serving of milk is optional at supper meals for adults. 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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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz	1/2 oz	1 oz					
SUPPER	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq					

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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					

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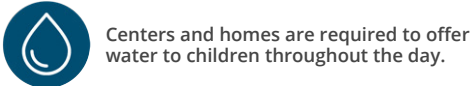
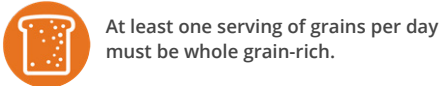
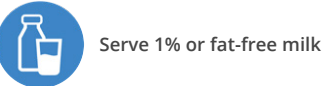
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CACFP Weekly Menu

MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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					
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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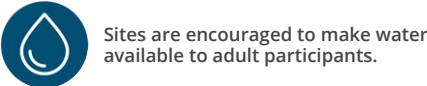
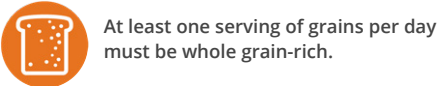
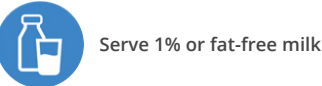


CACFP Weekly Menu

MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.
 # 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



CACFP Weekly Menu

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal+	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SUPPER	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

* Iron fortified

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fl oz = fluid ounces



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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq					
PM SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					

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

oz eq = ounce equivalents



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Ages 2+ serve 1% or fat-free milk



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must be whole grain-rich.



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

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	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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AM SNACK	Fluid Milk	1 cup					
	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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Serve 1% or fat-free milk



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MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.

[#] 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.



National CACFP Association

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

CACFP Weekly Menu

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
PM SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz					
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq					
		Infant Cereal*	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

+ Iron fortified oz eq = ounce equivalents fl oz = fluid ounces



Infants may be offered small amounts of water once they start eating solid foods. Consult with parents or guardians prior to offering water.



CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq					
SUPPER	Fluid Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	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 and/or supper may be substituted by a second, different vegetable.

^ A serving of milk is optional at supper meals for adults. 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.
Sites are encouraged to make water
available to adult participants.



CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq	1 oz eq					
LUNCH	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq					
SUPPER	Fluid Milk	1/2 cup	3/4 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	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 and/or supper 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.



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					
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					

* 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 and/or supper 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.



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					
SUPPER	Fluid Milk	1 cup					
	Vegetables	1/2 cup					
	Fruits*	1/4 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	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 and/or supper 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.



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



CACFP Weekly Menu

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
LUNCH	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					
SUPPER	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz					
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp					

* Iron fortified

oz eq = ounce equivalents

fl oz = fluid ounces



Infants may be offered small amounts of water once they start eating solid foods. Consult with parents or guardians prior to offering water.