

CACFP Weekly Menu

Center Name: _____

Month: _____

| | | Adult | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---------------------|--------------|---------------|----------------|------------------|-----------------|---------------|
| | | Date: | Date: | Date: | Date: | Date: | Date: |
| AM Snack | Milk | 1 cup | | | | | |
| | Fruit | 1/2 cup | | | | | |
| | Vegetable | 1/2 cup | | | | | |
| | Grain | 1 oz eq | | | | | |
| | Meat/Meat Alternate | 1 oz | | | | | |
| Supper | Milk [^] | 1 cup | | | | | |
| | Fruit ⁺ | 1/2 cup | | | | | |
| | Vegetable | 1/2 cup | | | | | |
| | Grain | 2 oz eq | | | | | |
| | Meat/Meat Alternate | 2 oz | | | | | |
| PM Snack | Milk | 1 cup | | | | | |
| | Fruit | 1/2 cup | | | | | |
| | 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.

+A second different vegetable may be served in place of the entire fruit component at lunch and/or supper.

Oz eq = ounce equivalents

At Snack, select 2 of the 5 components

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



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

Designate the WGR item on the menu with an *

