

CACFP Weekly Menu

Center Name: _____

Month: _____

		Ages 1–2	Ages 3–5	Ages 6–18	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq					
AM Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	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					
Lunch	Milk	1/2 cup	3/4 cup	1 cup					
	Fruit ⁺	1/8 cup	1/4 cup	1/4 cup					
	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					
PM Snack	Milk	1/2 cup	1/2 cup	1 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	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.

+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



Age 1 serve whole milk
Age 2–18 serve 1% or fat-free
Age 5 & under serve unflavored milk



At least one serving of grains per day must be whole grain-rich.
Designate the WGR item on the menu with an *

