

# CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>**</sup>					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	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					
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	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	pm pretzels	pm cheese crackers		pm Wheat thins	pm saltines

<sup>+</sup> 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 an additional vegetable. [www.cacfp.org](http://www.cacfp.org)  
<sup>\*\*</sup> A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

