

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 ⁺ | 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 ⁻⁻⁻ | | | | | |
| | 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 | ★ Pretzels | ★ Sun Chips | Cheese Crackers | WG Goldfish | WG Wheat Thins |
| | 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 an additional vegetable.

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⁻⁻⁻ A serving of milk is not required 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 meal ingredient 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.



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|----------------|-------------------------|-----------|-----------|-----------|----------------------|---------------|----------------|-----------------|-------------|----------------|
| 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 ⁺ | 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 ⁻⁻⁻ | | | | | |
| | 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 | ★ Pretzels | ★ Sun Chips | Cheese Crackers | WG Goldfish | WG Wheat Thins |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | 1 oz | 1 oz | | | | | |

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| 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 ⁺ | 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 ⁻⁻⁻ | | | | | |
| | 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 | ★ Pretzels | ★ Sun Chips | Cheese Crackers | WG Goldfish | WG Wheat Thins |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | 1 oz | 1 oz | | | | | |

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| 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 ⁺ | 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 ⁻⁻⁻ | | | | | |
| | 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 | ★ Pretzels | ★ Sun Chips | Cheese Crackers | WG Goldfish | WG Wheat Thins |
| | Meat/Meat Alternate | 1/2 oz | 1/2 oz | 1 oz | 1 oz | | | | | |

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| | 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 | | | ★ | ★ | ★ |
| LUNCH & SUPPER | Milk | 1/2 cup | 3/4 cup | 1 cup | 1 cup ⁻⁻⁻ | | | | | |
| | 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 | ★ Pretzels | ★ Sun Chips | Cheese Crackers | WG Goldfish | WG Wheat Thins |
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