



CACFP Weekly Menu:

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Milk	½ cup	¾ cup	1 cup							
	Fruit/Vegetable	¼ cup	½ cup	½ cup							
	Grains/Meat+	½ oz eq	½ oz eq	1 oz eq							
AM Snack <i>choose 2 of the 5 components</i>	Milk	½ cup	½ cup	1 cup							
	Vegetable	½ cup	½ cup	¾ cup							
	Fruit	½ cup	½ cup	¾ cup							
	Grain	½ oz eq	½ oz eq	1 oz eq							
	Meat/Meat Alt	½ oz	½ oz	1 oz							
Lunch	Milk	½ cup	¾ cup	1 cup							
	Vegetable	1/8 cup	¼ cup	½ cup							
	Fruit*	1/8 cup	¼ cup	¼ cup							
	Grain	½ oz eq	½ oz eq	1 oz							
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz							

+Meat/Meat Alternates may be served in place of the entire grain component at breakfast a maximum of three times per week

*The fruit component at lunch or dinner may be substituted by an additional vegetable

oz eq = ounce equivalent

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM Snack <i>choose 2 of the 5 components</i>	Milk	½ cup	½ cup	1 cup							
	Vegetable	½ cup	½ cup	¾ cup							
	Fruit	½ cup	½ cup	¾ cup							
	Grain	½ oz eq	½ oz eq	1 oz eq							
	Meat/Meat Alt	½ oz	½ oz	1 oz							
Dinner	Milk	½ cup	¾ cup	1 cup							
	Vegetable	1/8 cup	¼ cup	½ cup							
	Fruit*	1/8 cup	¼ cup	¼ cup							
	Grain	½ oz eq	½ oz eq	1 oz							
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz							
EV Snack <i>choose 2 of the 5 components</i>	Milk	½ cup	½ cup	1 cup							
	Vegetable	½ cup	½ cup	¾ cup							
	Fruit	½ cup	½ cup	¾ cup							
	Grain	½ oz eq	½ oz eq	1 oz eq							
	Meat/Meat Alt	½ oz	½ oz	1 oz							



Age 1: serve whole milk
Age 2-12: serve 1% or fat free



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



One 8 oz. glass of water per year of age until 8
yrs old
8 years old +/- 8 oz glasses of per day.