

Sample Menu for Children

Ages 1 to 12

See the [CACFP Meal Pattern](#) for Serving Sizes

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Breakfast</p> <ul style="list-style-type: none"> • Grain or Protein • Fruit or vegetable • 1% Milk /Whole, 12- 24 mths <p>(** A protein food may be served up to 3 x/week instead of a grain)</p>					
<p>AM Snack</p> <ul style="list-style-type: none"> ▪ Choose from 2 food groups <p>(Snacks may include one vegetable AND one fruit to meet the requirement.)</p>					
<p>Lunch</p> <ul style="list-style-type: none"> • Grain – Whole grain most often • Protein (meat, eggs, dairy, legumes, tofu) • Fruit • Vegetable (2 different vegetables are OK in place of fruit) • 1% milk /Whole, 12- 24 mths 					
<p>PM Snack</p> <ul style="list-style-type: none"> ▪ Choose from 2 food groups (**Offer a fruit or vegetable at one snack per day.) 					

➤ ***Modify menu items for 1-3 year olds:**

- Cut berries, grapes, apples, cherry tomatoes, small round items into quarters;
- Cook all vegetables, cut sandwiches into quarters, slice cheese.
- May need to finely chop lettuce and coleslaw, shred or cut meat into small pieces.

➤ ****Follow CACFP rules for nutrient specifications**

- Sugar content must be < 7 gms/serving for cereal and < 24 gms/serving for 6 oz yogurt.
- Serve one whole grain item every day.
- Serve a fruit or vegetable at one snack every day.

➤ **Serve meals or snacks every 2 – 3 hours**

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