**CACFP Weekly Menu**

**Always A Nutritional Meal**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |
| **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.

-- A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

[www.cacfp.org](http://www.cacfp.org/)

# 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.**

This institution is an equal opportunity employer.

