**CACFP Week 1 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** | Whole / 1% | Whole / 1% | Whole / 1% | Whole / 1% | Whole / 1% |
| **Fruit/Vegetable** | **1/4 cup** | **1/2 cup** | **1/2 cup** | **1/2 cup** | Bananas | Mixed Fruit | Pears | Apples | Bananas |
| **Grain/Meat+** | **1/2 oz eq** | **1/2 oz eq** | **1 oz eq** | **2 oz eq** | WG Cereal | WG Oatmeal | Muffins | WG Toast | WG Cereal |
| **LUNCH** | **Milk** | **1/2 cup** | **3/4 cup** | **1 cup** | **1 cup--** | Whole / 1% | Whole / 1% | Whole / 1% | Whole / 1% | Whole / 1% |
| **Vegetable** | **1/8 cup** | **1/4 cup** | **1/2 cup** | **1/2 cup** | Mixed Veggies | Carrots | Carrots | Lettuce/Tomato | Tomato Soup |
| **Fruit\*** | **1/8 cup** | **1/4 cup** | **1/4 cup** | **1/2 cup** | Watermelon | Peaches | Apples | Pineapple | Watermelon |
| **Grain** | **1/2 oz eq** | **1/2 oz eq** | **1 oz eq** | **2 oz eq** | Spaghetti | Hot Dog Bun | WG Bread | Tostada | WG Bread |
| **Meat/Meat Alternate** | **1 oz** | **1 1/2 oz** | **2 oz** | **2 oz** | Meatballs | Hot Dogs | Ham & Cheese | Beans | Grilled Cheese |
| **PM SNACK** | **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** | Apple Juice | Apples |  |  | Grape Juice |
| **Grain** | **1/2 oz eq** | **1/2 oz eq** | **1 oz eq** | **2 oz eq** | Animal Crackers |  | Pretzels | Crackers | Graham Crackers |
| **Meat/Meat Alternate** | **1 oz** | **1 1/2 oz** | **2 oz** | **2 oz** |  | Peanut Butter | Cheese | Ham & Cheese |  |



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

Water is served with all meals

and readily available.



**At least one meal ingredient per day must be whole grain-rich.**



# Age 1 serve whole milk

**Ages 2-18 serve 1% or fat-free**



This institution is an equal opportunity employer.