

CACFP Weekly Menu

July 14, 2025

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	WU Milk	WU Milk	WU Milk	WU Milk	WU Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	Avocado	Peaches	Mixed Berries	Applesauce	Blueberries
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Waffle	WG Kix	WG Cheerios	WG Toast	WG Kix
LUNCH	Milk	1/2 cup	3/4 cup		WU Milk	WU Milk	WU Milk	WU Milk
	Fruit*	1/8 cup	1/4 cup		Carrots	Sw. Potato	Carrots	Pears
	Vegetable	1/8 cup	1/4 cup		Broccoli	Corn	Gr. Beans	Peas
	Grain	1/2 oz eq	1/2 oz eq		Pita	Tortilla	WG Bread	WG Cheerios
	Meat/Meat Alternate	1 oz	1 1/2 oz		Hummus	Black Beans	Turkey	Chicken
SNACK	Milk	1/2 cup	1/2 cup	WU Milk	WU Milk	WU Milk	WU Milk	WU Milk
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup		Banana			Oranges
	Grain	1/2 oz eq	1/2 oz eq	WG Cherrios		WG Kix	WG Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 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 a second vegetable.
oz eq = ounce equivalents



Age 1 serve whole milk
Ages 2-18 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 years old.



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