

CACFP Weekly Menu

September 22, 2025

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	UW Milk	UW Milk	UW Milk	UW Milk	UW Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	Applesauce	Oranges	Mixed Berries	Pears	Peaches
	Grain/Meat*	1/2 oz eq	1/2 oz eq	WG Toast	Waffle	WG Cheerios	WG Kix	Waffle
LUNCH	Milk	1/2 cup	3/4 cup		UW Milk	UW Milk	UW Milk	UW Milk
	Fruit*	1/8 cup	1/4 cup		Blueberries	Peas	Oranges	Corn
	Vegetable	1/8 cup	1/4 cup	CLOSED	Mixed Vegetables	Corn	Carrots	Hummus
	Grain	1/2 oz eq	1/2 oz eq		WG Crackers	Tortilla	WG Bread	Pita
	Meat/Meat Alternate	1 oz	1 1/2 oz		Yogurt	Cheese	Cottage Cheese	Black Beans
SNACK	Milk	1/2 cup	1/2 cup	UW Milk			UW Milk	
	Vegetable	1/2 cup	1/2 cup		Peas			
	Fruit	1/2 cup	1/2 cup			Applesauce		Blueberries
	Grain	1/2 oz eq	1/2 oz eq	WG Crackers			WG Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz		Chicken	Cottage Cheese		Yogurt

* 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.

