

CACFP Weekly Menu

January 19, 2026

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup		WU Milk	WU Milk	WU Milk	WU Milk
	Vegetables/Fruits	1/4 cup	1/2 cup	CLOSED	Oranges	Mixed Berries	Peaches	Applesauce
	Grains/Meats*	1/2 oz eq	1/2 oz eq		WG Toast	Cottage Cheese	WG Cheerios	WG Toast
LUNCH	Fluid Milk	1/2 cup	3/4 cup		WU Milk	WU Milk	WU Milk	WU Milk
	Vegetables	1/8 cup	1/4 cup		Sw. Potato	Carrots	Peas	Gr. Beans
	Fruits*	1/8 cup	1/4 cup	CLOSED	Corn	Broccoli	Blueberries	Apples
	Grains	1/2 oz eq	1/2 oz eq		Tortilla	Pita	WG Toast	Bagel
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq		Black Beans	Hummus	Cheese	Turkey
					WU Milk		WU Milk	
SNACK	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	CLOSED				Oranges
	Grains	1/2 oz eq	1/2 oz eq		WG Cheerios	WG Cheerios	WG Kix	WG Crackers
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq			Cheese		

+ Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruits component at lunch may be substituted by a second, different vegetable.
oz eq = ounce equivalents



Age 1 serve whole milk
Ages 2+ serve 1% or fat-free milk



At least one serving of grains per day
must be whole grain-rich.



Centers and homes are required to offer
water to children throughout the day.



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