

CACFP Weekly Menu

January 12, 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	WU Milk
	Vegetables/Fruits	1/4 cup	1/2 cup	Blueberries	Applesauce	Peaches	Apricots	Pears
	Grains/Meats*	1/2 oz eq	1/2 oz eq	Yogurt	Cottage Cheese	WG Cheerios	WG Kix	Cottage Cheese
LUNCH	Fluid Milk	1/2 cup	3/4 cup		WU Milk	WU Milk	WU Milk	WU Milk
	Vegetables	1/8 cup	1/4 cup		Mixed Vegetables	Gr. Beans	Corn	Carrots
	Fruits*	1/8 cup	1/4 cup	CLOSED	Peaches	Corn	Broccoli	Mixed Berries
	Grains	1/2 oz eq	1/2 oz eq		WG Crackers	WG Bread	Bagel	Tortilla
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq		Peanut Butter	Turkey	Cheese	Refried Beans
SNACK	Fluid Milk	1/2 cup	1/2 cup	WU Milk	WU Milk		WU Milk	
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup			Applesauce		
	Grains	1/2 oz eq	1/2 oz eq	Waffles	WG Crackers		WG Cheerios	WG Crackers
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq			Cottage Cheese		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.

