

CACFP Weekly Menu

Nov. 3, 2025

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	Avocado	Applesauce	Mixed Berries	Pears	Applesauce
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Toast	WG Cheerios	Yogurt	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		Peas	Corn	Carrots	Sw. Potato
	Fruits*	1/8 cup	1/4 cup	CLOSED	Pears	Peas	Gr. Beans	Corn
	Grains	1/2 oz eq	1/2 oz eq		WG Bread	Tortilla	WG Bread	Tortilla
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq		Chicken	Refried Beans	Turkey	Black Beans
SNACK	Fluid Milk	1/2 cup	1/2 cup		WU Milk	WU Milk	WU Milk	WU Milk
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	WG Crackers	Waffle	WG Kix	WG Crackers	WG Cheerios
	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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