

CACFP Weekly Menu

December 15, 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	
	Vegetables/Fruits	1/4 cup	1/2 cup	Pears	Peaches	Mixed Berries	Applesauce	CLOSED
	Grains/Meats*	1/2 oz eq	1/2 oz eq	Waffles	Yogurt	WG Kix	Cottage Cheese	
LUNCH	Fluid Milk	1/2 cup	3/4 cup		WU Milk	WU Milk	WU Milk	
	Vegetables	1/8 cup	1/4 cup		Peas	Sw. Potato	Avocado	
	Fruits*	1/8 cup	1/4 cup	CLOSED	Mixed Berries	Corn	Peaches	CLOSED
	Grains	1/2 oz eq	1/2 oz eq		Pita	Tortilla	WG Bread	
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq		Hummus	Black Beans	Turkey	
				WU Milk	WU Milk	WU Milk	WU Milk	
SNACK	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	Apple slices				CLOSED
	Grains	1/2 oz eq	1/2 oz eq		WG Toast	WG Crackers	WG Kix	
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					

+ 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.

