

Ohio CACFP Weekly Menu for Children (5-Day)

Week of 08/25/2025-08/29/2025

Type	Component	Minimum Serving							
		1 - 2 years	3 - 5 years	6 - 18 years	Mon.	Tues.	Wed.	Thurs.	Fri.
AM Snack	Milk, fluid	½ cup	½ cup	1 cup	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice
	Fruit	½ cup	½ cup	¾ cup					
	Vegetable	½ cup	½ cup	¾ cup					
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Whole grain Crackers	Pretzels	Savory pita chips	Graham Crackers	Puff Cereal
	Meat or meat alternate	½ oz.	½ oz.	1 oz.					
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Turkey Sub	Chicken Corn Dog	Beef Bologna	Chicken Nuggets	Pizza
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Whole Grain Bread	Breading	Pretzels	Nugget Breading	Bread
	Vegetables	1/8 cup	¼ cup	½ cup	Tater Tots	Cut Green Beans	Corn	Mashed Potatoes	Mixed Vegetables
	Fruit	1/8 cup	¼ cup	1/4/cup	Pineapple	Apple Sauce	Peaches	Mixed Fruit	Mandarin Oranges
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food								

For more information on additional food components and amounts, please refer to CACFP Child Meal Pattern Charts.

Rev. 6/2017

This institution is an equal opportunity provider.

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Type	Component	Minimum Serving							
		1 & 2 years	3 - 5 years	6 - 18 years					
Supper	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.					
	Grains/Breads	½ slice	½ slice	1 slice	Chicken Quesadilla	Roast Beef	Spaghetti String Cheese	Beef Ravioli	Roast Beef
	Cooked cereal, and/or pasta	¼ cup	¼ cup	½ cup	Whole Grain Wrap	Whole Grain Bread	Pasta	Pasta	Whole Grain Bread
	Vegetables	1/8 cup	¼ cup	½ cup	Broccoli	Mixed Vegetables	Salad	Corn	Green Beans
	Fruits	1/8 cup	¼ cup	¼ cup	Apple Sauce	Mixed Fruit	Pineapple	Peaches	Mixed Fruit
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Extra Food								

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Ohio CACFP Weekly Menu for Children Week Week of 09/01/2025

Type	Component	Minimum Serving							
		1 - 2 years	3 - 5 years	6 - 18 years	Mon.	Tues.	Wed.	Thurs.	Fri.
AM Snack	Milk, fluid	½ cup	½ cup	1 cup	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice
	Fruit	½ cup	½ cup	¾ cup					
	Vegetable	½ cup	½ cup	¾ cup					
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup	Whole grain granola	Pretzels	Plain croissants	Graham Crackers	Puff Cereal
	Meat or meat alternate	½ oz.	½ oz.	1 oz.					
Lunch	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	Beef Bologna	Grilled Cheese	Turkey and Cheese	Chicken Egg Roll	Pizza
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup	Whole Grain Bread	Breading	Whole grain Wrap	Whole Grain Wrap	Bread
	Vegetables	1/8 cup	¼ cup	½ cup	Salad	Cut Green Beans	Corn	Broccoli	Mixed Vegetables
	Fruit	1/8 cup	¼ cup	1/4/cup	Pineapple	Peaches	Mandarin Oranges	Mixed Fruit	Pineapple
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food								

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Type	Component	Minimum Serving			Mon.	Tues.	Wed.	Thurs.	Fri.
		1 & 2 years	3 - 5 years	6 - 18 years					
Supper	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.	String Cheese	Chicken Nuggets	Chicken Chili Roll	Beef Ravioli	Beef Burrito
	Grains/Breads	½ slice	½ slice	1 slice					
	Cooked cereal, and/or pasta	¼ cup	¼ cup	½ cup	Spaghetti Pasta	Breading	Whole Grain Wrap	Pasta	Whole Grain Tortilla
	Vegetables	1/8 cup	¼ cup	½ cup	Cut Green Beans	Mashed Potatoes	Mixed Vegetables	Broccoli	Corn
	Fruits	1/8 cup	¼ cup	½ cup	Peaches	Mandarin Oranges	Mixed Fruit	Pineapple	Apple Sauce
	Milk, fluid	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Extra Food								

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