

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat +	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup **					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. Z Z Z F D F I S R U J
 ** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents



Age 1 serve whole milk
 Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day must be whole grain-rich.



One 8 oz. glass of water per year of age until 8 years old.
 8 yrs old + G 6-8 8 oz. glasses per day.



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