| **Facility/Center Name:** |  |
| --- | --- |
| **Meal Type** | **Meal Component** | **Minimum Serving Sizes** | **Day of the Week** |
| ***Ages 1-2*** | ***Ages 3-5*** | ***Ages 6-18*** | **Monday**      | **Tuesday**      | **Wednesday**      | **Thursday**      | **Friday**      |
|  |  |  |  |  |  |  |  |  |  |
| **BREAKFAST** | Fluid Milk1 | 4 fl. oz.(½ cup) | 6 fl. oz.(¾ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |
| Vegetable/Fruit2 | ¼ cup | ½ cup | ½ cup |       |       |       |       |       |
| Meat/Alternate4 | 1 oz. | 1-½ oz. | 2 oz. |       |       |       |       |       |
| Grains8-11 | ½ slice¼ cup dry¼ cup cooked | ½ slice $^{1}/\_{3}$ cup dry¼ cup cooked | 1 slice¾ cup dry½ cup cooked |       |       |       |       |       |
|  |
| **LUNCH/SUPPER** | Fluid Milk1 | 4 fl. oz.(½ cup) | 6 fl. oz.(¾ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |
| Vegetable2,3 | $^{1}/\_{8}$ cup | ¼ cup | ½ cup |       |       |       |       |       |
| Vegetable/Fruit2,3 | $^{1}/\_{8}$ cup | ¼ cup | ¼ cup |       |       |       |       |       |
| Meat/Alternate5, 6 | 1 oz. | 1-½ oz. | 2 oz. |       |       |       |       |       |
| Grains8-11 | ½ slice½ serving | ½ slice½ serving | 1 slice1 serving |       |       |       |       |       |
|  |
| **SNACK**- *CHOOSE 2* | Fluid Milk1 | 4 fl. oz.(½ cup) | 4 fl. oz.(½ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |
| Vegetable2 | ½ cup | ½ cup | ¾ cup |       |       |       |       |       |
| Fruit2 | ½ cup | ½ cup | ¾ cup |       |       |       |       |       |
| Meat/Alternate6 | ½ oz. | ½ oz. | 1 oz. |       |       |       |       |       |
| Grains8-11 | ½ slice½ serving | ½ slice½ serving | 1 slice1 serving |       |       |       |       |       |

1**Fluid Milk: 1 year old**: Unflavored whole milk; **2-5 years old**: unflavored skim (fat-free) or unflavored 1% (low-fat) milk; **6 years and older**: unflavored skim (fat-free) or 1% (low-fat) milk; flavored skim (fat-free) milk. **Breastmilk** may be served at any age in replacement of cow’s milk without medical documentation. Approved non-dairy beverages may be served to children with special dietary needs with approved medical documentation.

**Directions**

The Child Weekly Menu may be used by your child care center to assist with meeting the CACFP meal pattern requirement for each meal type. Enter center/facility name and the corresponding date for each day of the week. For best use, choose an appropriate food for each row in the table for each day of the week. Provide at least the minimum serving size identified for each component for the appropriate age group. Follow the superscript to adhere to all meal pattern requirements.

**2Juice:** Pasteurized 100% juice may only be used once per day to meet the vegetable or fruit component requirement.

**3Vegetable:** One vegetable and one fruit or two different vegetables must be served at lunch/supper each day.

**4 Meat/Meat Alternate:** A meat/meat alternate serving may replace a grain serving at breakfast, but no more than three times per week. 1 oz. grain = 1 oz. meat/meat alternate.

**5Nuts and Seeds:** Nuts and seeds may be used to meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alterate to fulfill the lunch/supper requirement.

**6Meat/Meat Alternate Serving Size:** Appropriate meat/meat alternate minimum serving size in accordance with Appendix A Part 226; options include

|  |  |  |
| --- | --- | --- |
|  | **Lunch/Supper** | **Snack** |
| Component | Minimum Serving Size | Minimum Serving Size |
| *Ages 1-2* | *Ages 3-5* | *Ages 6-18* | *Ages 1-2* | *Ages 3-5* | *Ages 6-18* |
| Lean meat, poultry, or fish | 1 oz. | 1-½ oz. | 2 oz. | ½ oz. | ½ oz. | 1 oz. |
| Tofu, soy product or alternate protein products  | 1 oz. | 1-½ oz. | 2 oz. | ½ oz. | ½ oz. | 1 oz. |
| Cheese | 1 oz. | 1-½ oz. | 2 oz. | ½ oz. | ½ oz. | 1 oz. |
| Large Egg | ½ egg | ¾ egg | 1 egg | ½ egg | ½ egg | ½ egg |
| Cooked dry beans or peas | ¼ cup | $^{3}/\_{8}$ cup | ½ cup | $^{1}/\_{8}$ cup | $^{1}/\_{8}$ cup | ¼ cup |
| Peanut butter or soy nut butter or other nut or seed butters | 2 Tbsp. | 3 Tbsp. | 4 Tbsp. | 1 Tbsp.  | 1 Tbsp.  | 2 Tbsp. |
| Yogurt, plain or flavored unsweetened or sweetened7 | 4 oz. or ½ cup | 6 oz. or ¾ cup | 8 oz. or 1 cup | 2 oz. or ¼ cup | 2 oz. or ¼ cup | 4 oz. or ½ cup |

**7Yogurt:** Yogurt must have no more than 23g of total sugar or sucrose per 6 oz.

**8Whole Grain Rich:** One serving of grains per day across all meal types offered at your facility must be whole grain rich. Whole grain rich foods contain 100% whole grains or have at least 50% whole grains

**9Non-Creditable Grains:** Grain-Based Dessert are not creditable. To identify which foods, classify as a grain based dessert refer to [CACFP 17-08 Grain-Based Desserts in the Child and Adult Care Food Program](http://nutritionnc.com/snp/pdf/cacfp/memos/17-08-GrainBasedDessertsintheCACFP.pdf)

 **10Ounce Equivalents:** Starting October 1, 2019, ounce equivalents will be used to determine the quantity of the creditable grain

**11Breakfast Cereal:** When serving breakfast cereals, they must not contain more than 6 grams of sugar per 1 oz. dry serving

Larger portion sizes can be served to children 13-18 years old to meet their nutritional needs.