

CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grains/Meats*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Fluid Milk^	1/2 cup	3/4 cup	1 cup	1 cup					
	Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruits*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq					
SNACK	Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 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 and/or supper may be substituted by a second, different vegetable.

^ A serving of fluid milk is optional at supper for adults. oz eq = ounce equivalents



Age 1 serve whole milk
Ages 2+ serve whole, reduced-fat (2%),
low-fat (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.
Sites are encouraged to make water
available to adult participants.

