

# CACFP Weekly Menu

Center Name: \_\_\_\_\_

Month: \_\_\_\_\_

		<b>Adult</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		Date:	Date:	Date:	Date:	Date:	Date:
Breakfast	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat	2 oz eq					
Lunch	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit <sup>+</sup>	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
Supper	Milk <sup>^</sup>	1 cup					
	Fruit <sup>+</sup>	1/2 cup					
	Vegetable	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					

Offer versus serve is an option for adult participants

\*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

+A second different vegetable may be served in place of the entire fruit component at lunch and/or supper.

Oz eq = ounce equivalents

At Snack, select 2 of the 5 components

<sup>^</sup>A serving of milk is optional at supper meals for adults



At least one serving of grains per day must be whole grain-rich.

Designate the WGR item on the menu with an \*

