

Site Name: _____

Month/Year: _____

Milk Reminders:

One Year Olds → Whole unflavored milk

2-5 Year Olds → Unflavored 1% or skim (fat free) milk

6 and older → Flavored or unflavored 1% or skim (fat free) milk

*2% milk can **ONLY** be served to ages 24 months-25 months



BREAK for a PLATE

CARE CENTERS

CACFP MENU PLANNING

BREAKFAST						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dates:											
Components	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults							
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.							
LUNCH/SUPPER												
Milk	½ cup 4 oz.	¾ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.	2 oz.							
Fruit	1/8 cup	¼ cup	¼ cup	¼ cup	¼ cup							
Vegetable	1/8 cup	¼ cup	½ cup	½ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	2 oz. eq.							
SNACK												
Milk	½ cup 4 oz.	½ cup 6 oz.	1 cup 8 oz.	1 cup 8 oz.	1 cup 8 oz.							
Meat/Alternate	½ oz.	½ oz.	1 oz.	1 oz.	1 oz.							
Fruit	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Vegetable	½ cup	½ cup	¾ cup	¾ cup	½ cup							
Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	1 oz. eq.	1 oz. eq.							

Breakfast: Meat/Alternates may be used to substitute the entire grain component a maximum of 3 times per week.

Lunch/Supper: All 5 components must be served.

Snack: Select any 2 of the 5 components.

*Water must be available during meal service.

Reminders: Juice is served once per day. Menu must be posted & current for parents. Store the menu with records at the end of the month. **Label WG.**