

CACFP Weekly Menu September 4-8, 2023

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	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Kixx	Waffles	Corn Muffins	Cheerios	French Toast Sticks
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	100% Orange Juice	Tropical Fruit	Applesauce	100% Apple Juice	Hot Sliced Apples
LUNCH & SUPPER	Milk [^]	1/2 cup	3/4 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Broccoli	Carrots	Mixed Veggies	String Beans	Kale
	Fruit [*]	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Orange Slices	Pears	Peaches	Mandarin Oranges	Watermelon
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Fried Brown Rice	WG Noodles	WW Bagel	WW Bread	WW Penne Pasta
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Diced CHicken	Beef Mac&Cheese	Pepperoni&Cheese	Beef Ravioli w/Cheese	Chicken Parmesan
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Milk	Milk	Milk	Milk	
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup			Bananas		Tropical Fruit
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Sliced Cucumbers				
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Caramel Rice Cakes	Graham Crackers		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					Low Fat Yogurt

⁺ 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 a second vegetable.

[^] A serving of milk is optional 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 serving of grains per day
must be whole grain-rich.



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

