

CACFP Weekly Menu September 18-22, 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	Corn Flakes	French Toast Sticks	Chex Cereal	Waffles	Pancakes
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Fruit Cocktail	Sliced Peaches	Applesauce	Mixed Fruit	Bananas
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	Peas&Carrots	French Fries	Cabbage	Sweet Potatoes	Kidney Beans
	Fruit [*]	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Mandarin Oranges	Pineapples	Tropical Fruit	Watermelon Slices
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bread	WW Bread	Wheat Hamburger Bun	WW Bread	Corn Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	BBQ Chicken Legs	Chicken Nuggets	Beef Hamburger	Fish Squares	Ground Turkey Taco
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	100% Grape Juice				
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					Celery Sticks
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		WW Teddy Grahams		Cheezit Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Cheese Sticks		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.

