

CACFP Weekly Menu September 25-29, 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	Brann Cereal	French Toast Sticks	Corn Muffins	Cheerios	Waffles
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	100% Orange Juice	Pears	Applesauce	Bananas	Peach Slices
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	Mashed Potatoes	String Beans	Corn	Tator Tots	Baked Beans
	Fruit [*]	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Mandarin Oranges	Pineapples	Tropical Fruit	Fruit Cocktail
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WW Bread	WW Noodles	Corn Tortilla	WW Bread	WW Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Turkey Meatballs	Beef Spaghetti	Chicken Taco	Chicken Tenders	Baked Fish Sticks
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			Orange Slices		Watermelon Slices
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	WG Pretzels	Wheat Chex		Graham Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

⁺ 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.

