

# A Kid's World

## CACFP Weekly Menu May 2-6, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Pineapples	Blueberries	Oranges	Pears	Bananas
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	WG Toast	Grits	Oatmeal	WG Mini Bagel
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Veggies	Potato Wedges	Green Beans	Peas	Lettuce, Tomato, Cucumber Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Tangerine	Spinach	Honey Dew	Cantaloupe	Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Noodles	WG Tortilla	WG Breading	WG Bun	WG Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Mac and Cheese	Black Beans	Chicken Tenders	Turkey Burger	Chicken
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Strawberry / Banana		Banana		Apple
	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 Crackers		Crackers	Animal Crackers	WG English Muffin	Mini Rice Cakes
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt	Cheese		Yogurt	

<sup>+</sup>Meat and meat alternate 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 an additional vegetable.

<sup>~</sup>As serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents



Age 1 serve whole milk  
Ages 2-18 serve 1% or fat-free  
CACFP Association

At least one meal ingredient per day  
must be whole grain-rich.

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



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# A Kid's World

## CACFP Weekly Menu May 9-13, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Strawberry	Cantaloupe	Peaches	Honey Dew	Apples
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Waffle	WG Grits	WG English Muffin	WE Oats	WG Cereal
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Veggies	Peas	Lettuce, Tomato, Spinach	Cauliflower	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apples	Pineapple	Strawberries	Mandarin Oranges	Blueberries
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Orzo	Sliced WG Bread	WG Roll	WG Breading	WG Breading
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	(Wizard Stew) Kidney Beans	Turkey Ham	(Green Monster Salad) Chicken	Fish Sticks	Chicken Tenders
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Applesauce	Watermelon			Banana
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Salsa	Cucumber & Tomato	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq WG Crackers	Crackers	WG Crackers	WG Tortilla Chips	WG Mini Bagels	WG Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

<sup>+</sup>Meat and meat alternate 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 an additional vegetable.  
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# A Kid's World

## CACFP Weekly Menu May 16-20, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Oranges	Bananas	Pears	Strawberries	Banana Bread
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	Oatmeal	WG Cereal	WG Toast	Banana Bread
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Green Salad	Green Beans	Lettuce, Tomato	Spinach, Carrot, Cucumber	Zucchini, Tomato, Mushroom
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mango	Blueberries	Honey Dew	Watermelon	Cantaloupe
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Pita	Brown Rice	WG Tortilla	WG Tortilla w/ Rice	WG Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cheese Pizza	Tuna Burger	(Dragon Treats) Chicken Wrap	Fish	(Old McDonald) Chicken
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Apple Slices				Mixed Fruit
	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 English Muffin	Mini Rice Cakes	WG Cracker	WG Mini Bagel	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Wow Butter	Cheese		Yogurt

\*Meat and meat alternate 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 an additional vegetable.

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## CACFP Weekly Menu May 23-27, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Blueberries	Pineapple	Honey Dew	Mixed Fruit	Applesauce
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	WG Toast	WG Waffle	WG Cereal	WG Pancakes
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas & Carrots	Green Beans, Onions, and Peppers	Bell Pepper		Potato Wedges
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mango	Strawberries	Tangerines	Cantaloupe	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Bread	WG Veggie Spaghetti			WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Tuna Ham	Pinto Beans / Ground Turkey	Chicken / Yogurt	Tuna Sammies
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Oranges, Apples, and Peas	Banana			
	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 Crackers		WG Crackers	WG Graham Cracker	Mini Bagel	Mozzarella WG Breadstick
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt		WOW Butter		Mozzarella

+Meat and meat alternate 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 an additional vegetable.

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## CACFP Weekly Menu May 30 - June 3, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Pineapples	Blueberries	Oranges	Pears	Bananas
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	WG Toast	Grits	Oatmeal	WG Mini Bagel
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Veggies	Potato Wedges	Green Beans	Peas	Lettuce, Tomato, Cucumber Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Tangerine	Spinach	Honey Dew	Cantaloupe	Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Noodles	WG Tortilla	WG Breading	WG Bun	WG Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Mac and Cheese	Black Beans	Chicken Tenders	Turkey Burger	Chicken
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Strawberry / Banana		Banana		Apple
	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 Crackers		Crackers	Animal Crackers	WG English Muffin	Mini Rice Cakes
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt	Cheese		Yogurt	

<sup>+</sup>Meat and meat alternate 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 an additional vegetable.

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## CACFP Weekly Menu June 6-10, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Strawberry	Cantaloupe	Peaches	Honey Dew	Apples
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Waffle	WG Grits	WG English Muffin	WE Oats	WG Cereal
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Veggies	Peas	Lettuce, Tomato, Spinach	Cauliflower	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Apples	Pineapple	Strawberries	Mandarin Oranges	Blueberries
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Orzo	Sliced WG Bread	WG Roll	WG Breading	WG Breading
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	(Wizard Stew) Kidney Beans	Turkey Ham	(Green Monster Salad) Chicken	Fish Sticks	Chicken Tenders
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Applesauce	Watermelon			Banana
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Salsa	Cucumber & Tomato	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq WG Crackers	Crackers	WG Crackers	WG Tortilla Chips	WG Mini Bagels	WG Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

<sup>+</sup>Meat and meat alternate 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 an additional vegetable.

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## CACFP Weekly Menu June 13-17, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Oranges	Bananas	Pears	Strawberries	Banana Bread
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	Oatmeal	WG Cereal	WG Toast	Banana Bread
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Green Salad	Green Beans	Lettuce, Tomato	Spinach, Carrot, Cucumber	Zucchini, Tomato, Mushroom
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mango	Blueberries	Honey Dew	Watermelon	Cantaloupe
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Pita	Brown Rice	WG Tortilla	WG Tortilla w/ Rice	WG Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Cheese Pizza	Tuna Burger	(Dragon Treats) Chicken Wrap	Fish	(Old McDonald) Chicken
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Apple Slices				Mixed Fruit
	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 English Muffin	Mini Rice Cakes	WG Cracker	WG Mini Bagel	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz		Wow Butter	Cheese		Yogurt

+Meat and meat alternate 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 an additional vegetable.  
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 8yrs old+ | 6-8 8oz. glasses per day.



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# A Kid's World

## CACFP Weekly Menu June 20-24, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Blueberries	Pineapple	Honey Dew	Mixed Fruit	Applesauce
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	WG Toast	WG Waffle	WG Cereal	WG Pancakes
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>~</sup>	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Peas & Carrots	Green Beans, Onions, and Peppers	Bell Pepper		Potato Wedges
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Mango	Strawberries	Tangerines	Cantaloupe	Pears
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Bread	WG Veggie Spaghetti			WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Tuna Ham	Pinto Beans / Ground Turkey	Chicken / Yogurt	Tuna Sammies
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Oranges, Apples, and Peas	Banana			
	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 Crackers		WG Crackers	WG Graham Cracker	Mini Bagel	Mozzarella WG Breadstick
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt		WOW Butter		Mozzarella

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# A Kid's World

## CACFP Weekly Menu June 27 – July 1, 2022

MEAL	COMPONENT	AGE S 1-2	AGE S 3-5	AGE S 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Pineapples	Blueberries	Oranges	Pears	Bananas
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Cereal	WG Toast	Grits	Oatmeal	WG Mini Bagel
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk	Skim/Whole Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Mixed Veggies	Potato Wedges	Green Beans	Peas	Lettuce, Tomato, Cucumber Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Tangerine	Spinach	Honey Dew	Cantaloupe	Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	WG Noodles	WG Tortilla	WG Breading	WG Bun	WG Roll
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Mac and Cheese	Black Beans	Chicken Tenders	Turkey Burger	Chicken
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup	Strawberry / Banana		Banana		Apple
	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		Crackers	Animal Crackers	WG English Muffin	Mini Rice Cakes
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt	Cheese		Yogurt	

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