

CACFP Daily Menu | Children Ages 6-12

Facility: _____ Week of: _____

INDICATE FOOD ITEM AND AMOUNT SERVED FOR EACH COMPONENT.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Vegetables, fruits or portions of both (½ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) Whole grain-rich (WGR) or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (¾ cup)					
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (2 ounces) or tofu, soy product or APP (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or cooked dry beans and peas (½ cup) or peanut butter (4 tablespoons) or nuts and seeds (1 ounce = 50%) or yogurt or soy yogurt (1 cup)					
Vegetables (½ cup)					
Fruits (¼ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified RTE breakfast cereal (¾ cup)					
SNACK (AM OR PM) — SELECT 2 OF 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (1 ounce) or tofu, soy product or APP (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (1 ounce) or yogurt or soy yogurt (½ cup)					
Vegetables (¾ cup)					
Fruits (¾ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified RTE breakfast cereal (¾ cup)					