

CACFP Daily Menu | Children Ages 3 - 5

Facility: _____ Week of: _____

INDICATE FOOD ITEM AND AMOUNT SERVED FOR EACH COMPONENT.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored 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 (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup)					
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (1 ½ ounces) or tofu, soy product or alternate protein products (APP) (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) or yogurt or soy yogurt (¾ cup)					
Vegetables (½ cup)					
Fruits (½ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup)					
SNACK (AM OR PM) — SELECT 2 OF 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (½ ounce) or tofu, soy product or APP (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) or yogurt or soy yogurt (¼ cup)					
Vegetables (½ cup)					
Fruits (½ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup)					