

CELEBRATE NATIONAL CACFP WEEK!

SAMPLE MENU

All meals and snacks on this menu were shared by or inspired by real CACFP Providers who posted on social media using #CACFPWeek and #NCASuperSnack.

		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	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Layered Parfait Blueberries	Banana Slices	Breakfast Pizza Strawberries (Cut Into Disks)	Diced Kiwi	Cauliflower Omelet Cauliflower
	Grains/Meat ¹	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Layered Parfait Greek Yogurt	Whole Grain-Rich Pancakes	Breakfast Pizza Rice Cake (& Yogurt Spread)	Bagel	Cauliflower Omelet Egg
LUNCH/SUPPER	Milk ²	1/2 cup	3/4 cup	1 cup	1 cup ³	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Ham & Cheese Sandwich Avocado Slices	Enchilada Casserole Diced Tomatoes	Carrot Sticks	Gyro"wiches" Cucumber Slices	Jicama
	Fruit ³	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Ham & Cheese Sandwich Tomato Slices	Diced Mangoes	Orange Slices	Apple Slices	Grape Halves
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Ham & Cheese Sandwich Ham and Cheese Slices	Enchilada Casserole Black Beans	Ground Beef Chili	Gyro"wiches" Gyro Slices	Tuna Salad
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Ham & Cheese Sandwich WGR Sandwich Roll	Enchilada Casserole Corn Tortillas	Toast	Gyro"wiches" WGR Flatbread	Croissant
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Broccoli			Build-a-Rainbow Rainbow Veggies	
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup		Fruit Salsa		Build-a-Rainbow Rainbow Fruits	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Hummus		String Cheese		
	Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Pita Chips	Whole Grain-Rich Crackers		Whole Grain-Rich Blueberry Muffin

¹Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

³The fruit component at lunch and supper may be substituted by a second, different vegetable.

²A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents