

Child Menu

CACFP Agreement Number



Instructions:

To start, enter your Institution Name and Agreement Number. Then enter the week's Month and Year. Then enter a Monday start date. You can start your menu item entries on any day of the week.

Institution Name: _____

Month and Year: _____

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Group	Date:							
Fluid Milk ¹ Vegetable /Fruit ² <u>Grains</u> ³ Meat/MeatAlternates (Optional substitute for grains ≤3x/week)	Breakfast							
Fluid Milk ¹ Vegetable ² Vegetable /Fruit ² <u>Grains</u> ³ Meat/Meat Alternates	Lunch							
Choose Two Food Groups for Snack	Snack a.m. p.m.	Fluid Milk ¹						
		Vegetable ²						
		Fruit ²						
		<u>Grains</u> ³						
		Meat/Meat Alternates						

¹**Fluid Milk:** **1 year old:** Unflavored whole milk; **2-5 years old:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation.

²**Juice**, if served, is pasteurized full-strength (100%) juice.

³**WG, WW, and WGR** indicate whole grain-rich foods.

This institution is an equal opportunity provider.

Child Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Group								
Choose Two Food Groups for Snacks	Snack a.m. p.m.	Fluid Milk ¹						
		Vegetable ²						
		Fruit ²						
		Grains ³						
		Meat/ Meat Alternates						
Choose Two Food Groups for Snacks	Supper	Fluid Milk ¹						
		Vegetable ²						
		Vegetable /Fruit ²						
		Grains ³						
		Meat/ Meat Alternates						
Choose Two Food Groups for Snack	Late Snack	Fluid Milk ¹						
		Vegetable ²						
		Fruit ²						
		Grains ³						
		Meat/ Meat Alternates						

Month, Year



¹**Fluid Milk:** **1 year old:** Unflavored whole milk; **2-5 years old:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation.

²**Juice,** if served, is pasteurized full-strength (100%) juice.

³**WG, WW, and WGR** indicate whole grain-rich foods.