

CACFP One Month Menu

Sponsor Name/Site Name _____

Month and Year _____

Meal Patterns	Monday Date	Tuesday Date	Wednesday Date	Thursday Date	Friday Date
Breakfast <ul style="list-style-type: none"> • Grains, or Meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods (Bonus) 					
AM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 					
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Other Foods (Bonus) 					
PM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 					
Supper <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains • Other Foods (Bonus) 					

Children 12-23 months of age must be served whole milk. Unflavored non-fat or 1% milk must be served to participants ages 2-5. Unflavored or flavored non-fat or 1% milk must be served to participants ages 6 and older. Record WGR next to whole grain-rich items. Include the name of breakfast cereals and the flavors of yogurts served.