

CACFP Weekly Menu

07/06/26 - 07/10/2026

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY 07/06/26	TUESDAY 07/07/26	WEDNESDAY 07/08/26	THURSDAY 07/09/26	FRIDAY 07/10/26
BREAKFAST	Milk	1/2 cup	3/4 cup	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	Melon Honey	Watermelon	Banana	Strawberry	Apple
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Cracker Ritz	Waffles	Pancake	Whole Bread WG / Scrambled Eggs	Cheerios WG
LUNCH	Milk	1/2 cup	3/4 cup	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit*	1/8 cup	1/4 cup	Watermelon	Orange	Mandarin	Cantaloupe	Watermelon
	Vegetable	1/8 cup	1/4 cup	Broccolis	Black Beans/ Baked Fries	Carrots	Carrots/pea Corn Meal	Mashed Potato
	Grain	1/2 oz eq	1/2 oz eq	White Rice	White Rice	Pasta	White Rice	Brown Rice WG
	Meat/Meat Alternate	1 oz	1 1/2 oz	Roast chicken	Omelet	Meatballs	Ground beef	Chicken Nuggets
SNACK	Milk	1/2 cup	1/2 cup	-	-	-	-	-
	Vegetable	1/2 cup	1/2 cup	-	-	-	-	-
	Fruit	1/2 cup	1/2 cup	Apple Juice	Banana		Apple	Grape Juice
	Grain	1/2 oz eq	1/2 oz eq	Whole Grain Cracker WG	Corn Cereal WG	Whole Grain Cracker (Wheat thins) WG	Cracker Ritz	White bread Rolls
	Meat/Meat Alternate	1/2 oz	1/2 oz		-	Mozzarella Cheese	-	

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable. oz eq = ounce equivalents



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



At least one serving of grains per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.

