

Child Menu

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.

CACFP Agreement Number

Institution Name:

Month and Year:

,May-2024



Food Group		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk ¹						
	Vegetable /Fruit ²						
	Grains³						
	Meat/MeatAlternates (Optional substitute for grains ≤3x/week)						
Lunch / Supper	Fluid Milk ¹						
	Vegetable ²						
	Vegetable /Fruit ²						
	Grains³						
	Meat/ Meat Alternates						
Choose Two Food Groups for Snack	a.m.	Fluid Milk ¹					
		Vegetable ²					
	p.m.	Fruit ²					
		Grains³					
		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.

Accommodations are made to food consistency (pureed, mashed, ground) when needed for younger children.

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		Grains³				
		Meat/MeatAlternates (Optional substitute for grains ≤3x/week)				
		Fluid Milk ¹				
Lunch / Supper		Vegetable ²				
		Vegetable /Fruit ²				
		Grains³				
		Meat/ Meat Alternates				
		Fluid Milk ¹				
Snack	Choose Two Food Groups for Snack	Fluid Milk ¹				
		Vegetable ²				
		Fruit ²				
		Grains³				
		Meat/ Meat Alternates				
		a.m.				
		p.m.				

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		Monday	Tuesday	Wednesday	Thursday	Friday
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 / Supper					
Choose Two Food Groups for Snack	Snack a.m. p.m.					

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		Grains³				
		Meat/MeatAlternates (Optional substitute for grains ≤3x/week)				
		Fluid Milk ¹				
Lunch / Supper		Vegetable ²				
		Vegetable /Fruit ²				
		Grains³				
		Meat/Meat Alternates				
		Fluid Milk ¹				
Snack	Choose Two Food Groups for Snack	Fluid Milk ¹				
		Vegetable ²				
		Fruit ²				
		Grains³				
		Meat/Meat Alternates				

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Snack	Choose Two Food Groups for Snack	Fluid Milk ¹				
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