

Ohio CACFP Weekly Menu for Children (7-Day)

SITE NAME:											
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.	Sat,	Sun.
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup							
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup							
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2oz.	1 slice 3/4 cup or 1 oz.							
	Other extra items										
AM Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup							
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup							
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup							
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
	Other extra items										
Lunch	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.							
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup							
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total							
	Milk, fluid	1/2 cup	3/4 cup	1 cup							
	Other extra items										

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.
This institution is an equal opportunity provider.

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		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
PM Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup							
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup							
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup							
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
	Other extra items										
Supper	Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.							
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup							
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total							
	Milk, fluid	1/2 cup	3/4 cup	1 cup							
	Other extra items										
Evening Snack (Serve 2 food components)	Milk, fluid	1/2 cup	1/2 cup	1 cup							
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup							
	Grains/Breads Dry cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup							
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
	Other extra items										

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