Ohio CACFP Weekly Menu for Children (5-Day)

Туре	Component	Mini	imum Sor	vina	Date:	Date:	Date:	Date:	Date:
туре	Component	Minimum Serving			Date.	Date.		Date.	Date.
		1 & 2	3 - 5	6 - 12	Mon.	Tues.	Wed.	Thur.	Fri.
		years	years	years					
	Milk, fluid	1/2 cup	3/4 cup	1 cup					
st									
Breakfast	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup					
B	Grains/Breads	1/2 slice	1/2 slice	1 slice					
_	Dry cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2oz.	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	1/2 cup	1/2 cup	3/4 cup					
	vegetable								
	Grains/Breads/	1/2 slice	1/2 slice	1 slice					
	Dry Cereal	1/4 cup	1/3 cup	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	1/2 slice	1/2 slice	1 slice					
	Pasta/Noodles	1/4 cup	1/4 cup	1/2 cup					
	vegetable total and/or juice (to	1/4 cup	1/2 cup	3/4 cup	1				
		total	total	total					
	total 2 or more)	1/2 cup	2/4 cure	1 0110					
	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 employer.

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Туре	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
lents	Milk, fluid	1/2 cup	1/2 cup	1 cup					
PM Snack (Serve 2 food components)	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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