

Ohio CACFP Weekly Menu for Children (5-Day)

SITE NAME:									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
	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 <small>(Serve 2 food components)</small>	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 employer.

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SITE NAME:									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
PM Snack (Serve 2 food components)		1 & 2 years	3 - 5 years	6 - 12 years	Mon.	Tues.	Wed.	Thur.	Fri.
	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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