

# Adult Menu

CACFP Agreement Number



Institution Name:

Month and Year:

		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food Group</b>							
8 fl. oz. 1/2 cup 1/2 cup 1 oz. eq. 1 oz. meat/fish or tofu; or 1/2 egg; or 4 oz. yogurt; or 1 oz. cheese; or 1/4 cup beans	Choose Two Food Groups for Snack Fluid Milk <sup>1,2</sup> Vegetable Fruit <sup>3</sup> Grains <sup>4</sup> Meat/ Meat Alternates	Snack a.m.					
8 fl. oz. 1/2 cup 1/2 cup 2 oz. eq. 2 oz. meat/fish or tofu; or 1 egg; or 8 oz. yogurt; or 2 oz. cheese; or 1/2 cup beans	Choose Two Food Groups for Lunch Fluid Milk <sup>1,2</sup> Vegetable <sup>3</sup> Vegetable /Fruit <sup>3</sup> Grains <sup>4</sup> Meat/ Meat Alternates	Lunch					
8 fl. oz. 1/2 cup 1/2 cup 1 oz. eq. 1 oz. meat/fish or tofu; or 1/2 egg; or 4 oz. yogurt; or 1 oz. cheese; or 1/4 cup beans	Choose Two Food Groups for Snack Fluid Milk <sup>1,2</sup> Vegetable <sup>3</sup> Fruit <sup>3</sup> Grains <sup>4</sup> Meat/ Meat Alternates	Snack p.m.					

<sup>1</sup>**Fluid Milk:** Unflavored or flavored fat-free (skim) or low-fat (1%) is served at breakfast and lunch. Non-dairy beverages may be served with appropriate documentation. Milk is optional for suppers served to adult participants. <sup>2</sup>Six oz. of **Yogurt** may be substituted for 8 oz. fluid milk once per day when yogurt is not served as a meat alternate in the same meal. <sup>3</sup>**Juice**, if served, is pasteurized full-strength (100%) juice. <sup>4</sup>**WG, WW, and WGR** indicate whole grain-rich foods.