

Child Menu ARAM*

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.

Institution Name:

CACFP Agreement Number



Month and Year:

Required minimum serving size

			Monday	Tuesday	Wednesday	Thursday	Friday
Age 5	Ages 6-18	Food Group	Date:				
6 fl. oz.	8 fl. oz.	Fluid Milk ¹	Supper				
1/4 cup	1/2 cup	Vegetable ²					
1/4 cup	1/4 cup	Vegetable /Fruit ²					
1/2 oz. eq.	1 oz. eq.	Grains ³					
1 1/2 oz. eq.	2 oz. eq.	Meat/Meat Alternates					
4 fl. oz.	8 fl. oz.	Fluid Milk ¹	Snack (Choose 2 food groups for snack)				
1/2 cup	3/4 cup	Vegetable ²					
1/2 cup	3/4 cup	Fruit ²					
1/2 oz. eq.	1 oz. eq.	Grains ³					
1/2 oz. eq.	1 oz. eq.	Meat/Meat Alternates					

***At-Risk Afterschool Meals**

¹**Fluid Milk:** **5 years old:** Unflavored fat-free (skim) or low-fat (1%) milk; **6 years and older:** Unflavored or flavored fat-free (skim) or low-fat (1%) milk. 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.