# **Child Menu**

#### 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:

| · carrotare your  |                 |        |         |           |          |        |  |  |
|---|-----------------|--------|---------|-----------|----------|--------|--|--|
| ny day of the   |                 | Monday | Tuesday | Wednesday | Thursday | Friday |  |  |
| Food Group  | Date:           |        |         |           |          |        |  |  |
| Fluid Milk <sup>1</sup>   |                 |        |         |           |          |        |  |  |
| Vegetable<br>/Fruit²  | fast            |        |         |           |          |        |  |  |
| Grains <sup>3</sup>   | Breakfast       |        |         |           |          |        |  |  |
| Meat/MeatAlternates<br>(Optional substitute<br>for grains ≤3x/week)   |                 |        |         |           |          |        |  |  |
| Fluid Milk <sup>1</sup>   |                 |        |         |           |          |        |  |  |
| Vegetable <sup>2</sup>  |                 |        |         |           |          |        |  |  |
| Vegetable<br>/Fruit²  | Lunch           |        |         |           |          |        |  |  |
| <u>Grains</u> <sup>3</sup>  |                 |        |         |           |          |        |  |  |
| Meat/<br>Meat Alternates  |                 |        |         |           |          |        |  |  |
| Fluid Milk <sup>1</sup>   |                 |        |         |           |          |        |  |  |
| Vegetable <sup>2</sup>  | p.m.            |        |         |           |          |        |  |  |
| Fluid Milk¹  Vegetable²  Vegetable²  Fruit²  Grains³  Meat Alternates | Snack<br>a.m. p |        |         |           |          |        |  |  |
| Grains <sup>3</sup>   |                 |        |         |           |          |        |  |  |
| Meat Alternates   |                 |        |         |           |          |        |  |  |

<sup>&</sup>lt;sup>1</sup>Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: Unflavored fat-free (skim) or unflavored low-fat (1%) milk; 6 years and older: Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. Breastmilk may substitute for cow's milk at any age. Non-dairy beverages may be served with appropriate documentation.

<sup>&</sup>lt;sup>2</sup>Juice, if served, is pasteurized full-strength (100%) juice.

<sup>&</sup>lt;sup>3</sup>WG, WW, and WGR indicate whole grain-rich foods.

## **Child Menu**

|                                   |                                  |            |      | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|----------------------------------|------------|------|--------|---------|-----------|----------|--------|
| _                                 | Food Group                       |            |      |        |         |           |          |        |
| Choose Two Food Groups for Snacks | Fluid Milk <sup>1</sup>          |            |      |        |         |           |          |        |
|                                   | Vegetable <sup>2</sup>           |            | p.n  |        |         |           |          |        |
|                                   | Fruit <sup>2</sup>               | Snack      | a.m. |        |         |           |          |        |
|                                   | <u>Grains</u> <sup>3</sup>       |            |      |        |         |           |          |        |
| Choc                              | Meat/<br>Meat Alternates         |            |      |        |         |           |          |        |
|                                   | Fluid Milk <sup>1</sup>          |            |      |        |         |           |          |        |
|                                   | Vegetable <sup>2</sup>           |            |      |        |         |           |          |        |
|                                   | Vegetable<br>/Fruit <sup>2</sup> | Supper     |      |        |         |           |          |        |
|                                   | <u>Grains</u> <sup>3</sup>       |            |      |        |         |           |          |        |
|                                   | Meat/<br>Meat Alternates         |            |      |        |         |           |          |        |
| snack                             | Fluid Milk <sup>1</sup>          | Late Snack |      |        |         |           |          |        |
| ups for S                         | Vegetable <sup>2</sup>           |            |      |        |         |           |          |        |
| Choose Two Food Groups for Snack  | Fruit <sup>2</sup>               |            |      |        |         |           |          |        |
|                                   | Grains <sup>3</sup>              | La         |      |        |         |           |          |        |
|                                   | Meat/<br>Meat Alternates         |            |      |        |         |           |          |        |



Month, Year

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