# **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:

any day of the		Month and real.								
		-	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Food Grou	o Da	ate:								
Fluid M	ilk¹									
Vegetal /Fru	ole it²	ırası								
<u>Grai</u>	ns <sup>3</sup>	breaktasu								
Meat/MeatAltern (Optional substi for grains ≤3x/w	tute									
Fluid Mi	k¹									
Vegetab										
Vegetab /Fru	e it²									
Grain	<u>ns</u> ³									
Me Meat Alterna	at/ tes									
Symple Sy	k¹									
y Vegetab		p.m.								
Choose Two Food Groups for Snack Two Food Groups for Snack Two Most Alternatives for Snack Two	Snack	a.m.								
Grain Grain	<u>15</u> 3									
Meat Alterna	eat/ ates									

<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	Saturday	Sunday
_	Food Group								
nacks	Fluid Milk <sup>1</sup>	p.m.							
ups for Si	Vegetable <sup>2</sup>								
Choose Two Food Groups for Snacks	Fruit <sup>2</sup>	Snack a.m.							
	<u>Grains</u> <sup>3</sup>	-							
Choc	Meat/ Meat Alternates								
	Fluid Milk <sup>1</sup>								
	Vegetable <sup>2</sup>	_							
	Vegetable /Fruit²	Supper							
	Grains <sup>3</sup>								
	Meat/ Meat Alternates								
nack	Fluid Milk <sup>1</sup>								
oups for S	Vegetable <sup>2</sup>	Late Snack							
Food Gro	Fruit <sup>2</sup>								
Choose Two Food Groups for Snack	<u>Grains</u> <sup>3</sup>								
	Meat/ Meat Alternates								



Month, Year

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