Week #: 1 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Toasty O's Strawberries Milk	French Toast Bananas Milk	Crispy Rice Fruit Cocktail Milk	Bagel w/ cream cheese Mango Milk	Corn Flakes Pears Milk
Lunch	Cauliflower Mac & Cheese w/ diced ham Apple Slices Milk	Turkey & Gravy Mashed Potatoes Peaches Milk	Chicken Nuggets Carrots Strawberries Milk	Chicken & Rice casserole Peas & Carrots Pineapple Milk	Meatball Parm Peas Mandarins Milk
PM Snack	Yogurt & Banana	100% Juice & Animal Crackers	Pretzels & Raisins	Cheese Stick & Apples	Fresh Veggies & Hummus
Substitutions	Pasta w/no cheese or meat; side of hummus	Tofurkey slices	Veggie Nuggets	Veggie "chicken"	Veggie "meat" balls

Week #: 2 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Kix Orange Slices Milk	Pancakes Peaches Milk	Toasty O's Apple Slices Milk	French Toast Fruit Cocktail Milk	Crispy Rice Applesauce Milk
Lunch	Tomato Soup & Grilled Cheese Mixed Berries Milk	Tacos Corn Mango Milk	Mac & Cheese w/ diced ham Broccoli Melon Milk	Chicken Patty Sandwich Tator Tots Pears Milk	Pizza Coleslaw Pineapple
PM Snack	100% Juice & Goldfish	Tortilla Chips & Salsa	Carrot Muffin & Milk	Cheese Slices & Pizza Crackers	Apple Slices & Graham Crackers
Substitutions	N/A	Vegan "meat" crumble	Pasta w/no cheese or meat; side of hummus	Veggie nuggets	Gluten & Dairy Free Pizza

Week #: 3 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Corn Flakes Pears Milk	Waffles Fruit Cocktail Milk	Kix Peaches Milk	Bagel w/ cream cheese Strawberries Milk	Toasty O's Applesauce Milk
Lunch	Baked Ziti Peas Melon Milk	Chicken & Rice casserole Peas & Carrots Mango Milk	Turkey & Cheese Sandwich Green Beans Strawberries Milk	Chicken Nuggets Mixed Veggies Pears Milk	Sloppy Joes Carrots Pineapple Milk
PM Snack	Graham Crackers & Yogurt	Orange Slices & Oatmeal Bar	Cheddar Chex & Raisins	Cheese Stick & Apples	100% Juice & Vanilla Crackers
Substitutions	Vegan "meat" crumbles	Veggie "chicken"	Tofurkey slices and/or Side of Hummus	Veggie Nuggets	Sloppy Beans

Week #: 4 Menu: Fall/Winter Dates: September-Feb

	M	T	W	Th	F
Breakfast	Crispy Rice Peaches Milk	Pancakes Applesauce Milk	Corn Flakes Fruit Cocktail Milk	Waffles Pears Milk	Kix Oranges Milk
Lunch	Chicken Noodle Soup Mixed Veggies Crackers Apple Slices Milk	Beef & Broccoli Rice Fruit Cocktail Milk	Chicken Alfredo Pasta Green Beans Mandarins Milk	Egg Sandwich Potato Wedges Mixed Berries Milk	Pizza Coleslaw Pineapple Milk
PM Snack	Strawberry Yogurt Chex & Orange Slices	Raisins & Animal Crackers	100% Juice & Goldfish	Milk & Blueberry Muffin	Apple Slices w/ Sunbutter Spread
Substitutions	Bean Soup	Vegan “meat” crumbles	Veggie Nuggets &/or Plain Pasta	N/A	Gluten & Dairy Free Pizza

CACFP INFANT MEAL PATTERNS

AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS		
Milk	4-6 oz	breastmilk[1] or formula[2]

AGES 6 MONTHS THROUGH 11 MONTHS

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS		
Milk	6-8 oz	breastmilk[1] or formula[2]
Grain/ Meat/Meat Alternate	0-1/2 oz eq	infant cereal[2] *or*
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas *or*
	0-2 oz	cheese *or*
	0-4 oz	cottage cheese or yogurt[3] *or*
	0-4 oz	a combination of the above[4]
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both[4,5]

SNACK MEAL PATTERNS		
Milk	2-4 oz	breastmilk[1] or formula[2]
Grain	0-1/2 oz eq	slice bread[6] *or*
	0-1/4 oz eq	crackers[6] *or*
	0-1/2 oz eq	infant cereal[2,6] or
	0-1/4 oz eq	ready-to-eat breakfast cereal[4,6,7]
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both[4,5]

oz eq = ounce equivalents

[1] Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
[2] Infant formula and dry infant cereal must be iron-fortified.
[3] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
[4] A serving of this component is required when the infant is developmentally ready to accept it.
[5] Fruit and vegetable juices must not be served.
[6] A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
[7] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



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CACFP MEAL PATTERNS

BREAKFAST

Serve Milk, Vegetable or Fruit, Grain*

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

** Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week, oz eq = ounce equivalents*

LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents*

SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents
Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



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