

Ohio CACFP Weekly Menu for Children (7-Day)

SITE NAME:											
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:	Date:
		1 - 2 years	3 - 5 years	6 - 18 years	Mon.	Tues.	Wed.	Thur.	Fri.	Sat,	Sun.
Breakfast	Fluid Milk	½ cup	¾ cup	1 cup							
	Vegetable, fruits, or portion of both	¼ cup	½ cup	½ cup							
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							
	Other extra items										
AM Snack (Serve 2 food components)	Fluid Milk	½ cup	½ cup	1 cup							
	Meat/ meat alternate	½ oz.	½ oz.	1 oz.							
	Vegetables	½ cup	½ cup	¾ cup							
	Fruits	½ cup	½ cup	¾ cup							
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							
Lunch	Fluid Milk	½ cup	¾ cup.	1 cup							
	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.							
	Vegetables	1/8 cup	¼ cup	½ cup							
	Fruits)	1/8 cup	¼ cup	¼ cup							
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							
	Other extra items										

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.
This institution is an equal opportunity provider.

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Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:	
		1 - 2 years	3 - 5 years	6 - 18 years	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
PM Snack (Serve 2 food components)	Fluid Milk	½ cup	½ cup	1 cup							
	Meat /meat alternate	½ oz.	½ oz.	1 oz.							
	<u>Vegetables</u>	½ cup	½ cup	¾ cup							
	<u>Fruits</u>	½ cup	½ cup	¾ cup							
	Grains/Breads Cooked cereal and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							
Supper	Fluid Milk	½ cup	¾ cup	1 cup							
	Meat or meat alternate	1 oz.	1 ½ oz.	2 oz.							
	<u>Vegetables</u>	1/8 cup	¼ cup	½ cup							
	<u>Fruits</u>	1/8 cup	¼ cup	¼ cup							
	Grains/Breads Cooked cereal and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							
	Other extra items										
Evening Snack (Serve 2 food components)	Fluid Milk	1/2 cup	1/2 cup	1 cup							
	Meat /meat alternate	½ oz.	½ oz.	1 oz.							
	<u>Vegetables</u>	½ cup	½ cup	¾ cup							
	<u>Fruits</u>	½ cup	½ cup	¾ cup							
	Grains/Breads Cooked cereal, and/or pasta	½ slice ¼ cup ¼ cup	½ slice ¼ cup ¼ cup	1 slice ½ cup ½ cup							

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