

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	Thurs.	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							
	Fluid Milk	½ cup	¾ cup.	1 cup							
Lunch or Supper	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							
	Fluid Milk	½ cup	½ cup	1 cup							
Snack (select 2)	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							
	Fluid Milk	½ cup	½ cup	1 cup							

For more information on additional food components and amounts, please refer to Ohio CACFP Child Care Meal Pattern Chart.

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This Institution is an equal opportunity provider