

# Ohio CACFP Weekly Menu for Children (5-Day)

<b>Site Name:</b>									
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
<b>Supper</b>		<b>1 &amp; 2 years</b>	<b>3 - 5 years</b>	<b>6 - 12 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.					
	Grains/Breads Pasta/Noodles	1/2 slice 1/4cup	1/2 slice 1/4cup	1 slice 1/2cup					
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total					
	Milk, fluid	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)					
	Other extra food items								

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