

Ohio CACFP MENU FORM FOR ADULT DAY CARE CENTERS

Meal	Component	Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <small>(serve all 3 components)</small>	Fluid Milk	8 fluid ounces					
	Vegetables, fruits, or portions of both	½ cup					
	Bread	2 slices					
	Bread product	2 servings					
	Cooked cereal, grain, or pasta	1 cup					
	Dry cereal*	½ - 2½ cups					
AM Snack <small>(serve 2 components)</small>	Fluid Milk	8 fluid oz.					
	Vegetables	½ cup					
	Fruits	½ cup					
	Bread	1 slice					
	Bread product	1 serving					
	Cooked cereal, grain, or pasta	½ cup					
Dry cereal*	¼ - 1 cup						
	Meat or meat alternate	1 oz.					
Lunch / Supper <small>(serve all 5 components)</small>	Fluid Milk (optional for Supper)	8 fluid ounces					
	Meat or Meat Alternate	2 ounces					
	Vegetables	½ cup					
	Fruits	½ cup					
	Bread	2 slices					
	Bread product	2 servings					
Cooked cereal	1 cup						
PM Snack <small>(serve 2 components)</small>	Fluid Milk	8 fluid oz.					
	Vegetables	½ cup					
	Fruits	½ cup					
	Bread	1 slice					
	Bread product	1 serving					
	Cooked cereal, grain, or pasta	½ cup					
Dry cereal*	¼ - 1 cup						
	Meat or meat alternate	1 oz.					

For more information on additional food components and amounts, please refer to CACFP Adult Care Meal Pattern Charts.

*Dry cereal portion depends on cereal shape

This institution is an equal opportunity provider.