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 |  | ***The Access* Community Action Agency, 1315 Main St., Suite 2, Willimantic, CT 06226*****CACFP WEEKLY MENU FORM*** | ***NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** |
| . |  This institution is an equal opportunity provider. | **MONTH / YEAR\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Meal**  | **Ages 1-2**  | **Ages 3-5**  | **Ages 6-12** |   |   | **Date** |   |   |
|  |  |  |  |  |
| **BREAKFAST** |   |   |   |   |   |   |   |   |
|  Milk 1 | 4oz / 1/2 cup  | 6 oz. / 3/4 cup  | 8 oz. /1 cup  |   |   |   |   |   |
| Meat/Meat Alternate 3, 4 (may replace grain 3X/wk maximum)  | 1oz | 1-1/2 oz | 2 oz |   |   |   |   |   |
| Grain (see foot notes for serving sizes of grains) 5, 6, 7 | Ready to eat cereal 1/4 cup  | Ready to eat cereal 1/3 cup  | Ready to eat cereal3/4 cup |   |   |   |   |   |
|  Fruit / Vegetable 2 | 1/4 cup  |  1/2 cup | 1/2 cup |   |   |   |   |   |
| **LUNCH / SUPPER 5 components** |   |   |   |   |   |   |   |
|  Milk 1  | 1/2 cup  | 3/4 cup  | 1 cup  |   |   |   |   |   |
|  Meat / Meat Alternate 3, 4  | 1 oz  | 1-1/2 oz  | 2 oz  |   |   |   |   |   |
|  Grain (See foot notes for serving sizes of grains) 5, 6, 7 | 1/2 slice  | 1/2 slice  | 1 slice  |   |   |   |   |   |
|  Fruit / Vegetable 2 | 1/8 cup  | 1/4 cup  | 1/2 cup  |   |   |   |   |   |
| Vegetable 2 | 1/8 cup  | 1/4 cup | 1/2 cup |   |   |   |   |   |
| **SNACKS am pm late 2 components** |
| Milk 1 | 1/2 cup  | 3/4 cup  | 1 cup  |   |   |   |   |   |
| Meat / Meat Alternate 3, 4 | 1/2 oz  | 1/2 oz  | 1 oz  |
|  Grain (See foot notes for serving sizes of grains) 5, 6, 7 | 1/2 slice  | 1/2 slice  | 1 slice  |   |   |   |   |   |
|  Fruit 2 | 1/2 cup  | 1/2 cup  | 3/4 cup  |
|  Vegetable 2 | 1/2 cup  | 1/2 cup  | 3/4 cup  |