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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 cereal  3/4 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 |