

# Child Menu

**Instructions:**

To start, enter your Institution Name and Agreement Number. Then enter the week's Month and Year. Then enter a Monday start date. You can start your menu item entries on any day of the week.

CACFP Agreement Number

Institution Name:

Month and Year:



Date:		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Food Group</b>	<b>Breakfast</b>	Fluid Milk <sup>1</sup>				
		Vegetable /Fruit <sup>2</sup>				
		<a href="#">Grains</a> <sup>3</sup>				
		Meat/MeatAlternates (Optional substitute for grains ≤3x/week)				
		Fluid Milk <sup>1</sup>				
<b>Lunch / Supper</b>		Vegetable <sup>2</sup>				
		Vegetable /Fruit <sup>2</sup>				
		<a href="#">Grains</a> <sup>3</sup>				
		Meat/Meat Alternates				
		Fluid Milk <sup>1</sup>				
<b>Snack</b>	<b>Choose Two Food Groups for Snack</b>	Fluid Milk <sup>1</sup>				
		Vegetable <sup>2</sup>				
		Fruit <sup>2</sup>				
		<a href="#">Grains</a> <sup>3</sup>				
		Meat/Meat Alternates				
		a.m.				
		p.m.				

<sup>1</sup>**Fluid Milk:** **1 year old:** Unflavored whole milk; **2-5 years old:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation.

<sup>2</sup>**Juice,** if served, is pasteurized full-strength (100%) juice.

<sup>3</sup>**WG, WW, and WGR** indicate whole grain-rich foods.

This institution is an equal opportunity provider.

Accommodations are made to food consistency (pureed, mashed, ground) when needed for younger children.

Menu subject to change.

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		<a href="#">Grains<sup>3</sup></a>				
		Meat/MeatAlternates (Optional substitute for grains ≤3x/week)				
Food Group	Lunch / Supper	Fluid Milk <sup>1</sup>				
		Vegetable <sup>2</sup>				
		Vegetable /Fruit <sup>2</sup>				
		<a href="#">Grains<sup>3</sup></a>				
		Meat/ Meat Alternates				
Choose Two Food Groups for Snack	Snack a.m. p.m.	Fluid Milk <sup>1</sup>				
		Vegetable <sup>2</sup>				
		Fruit <sup>2</sup>				
		<a href="#">Grains<sup>3</sup></a>				
		Meat/ Meat Alternates				

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