

PROVIDER SIGNATURE _____

	MENU #	MENU #	MENU #	MENU #	MENU #
BREAKFAST					
Milk	milk	milk	milk	milk	milk
Bread/Grain/Cereal					
Fruit/Juice/Vegetable					
AM SNACK (choose 2)					
Milk					
Bread/Grain/Cereal					
Fruit/Juice/Vegetable					
Meat/Meat Alternate					
LUNCH (choose 4)					
Milk	milk	milk	milk	milk	milk
Meat/Meat Alternate					
Bread/Grain					
Fruit/Vegetable #1					
Fruit/Vegetable #2					
PM SNACK (choose 2)					
Milk					
Bread/Grain/Cereal					
Fruit/Juice/Vegetable					
Meat/Meat Alternate					
SUPPER (choose 4)					
Milk	milk	milk	milk	milk	milk
Meat/Meat Alternate					
Bread/Grain					
Fruit/Vegetable #1					
Fruit/Vegetable #2					
NIGHT SNACK (choose 2)					
Milk					
Bread/Grain/Cereal					
Fruit/Juice/Vegetable					

CACFP MINIMUM SERVING SIZES

BREAKFAST

	1-2 Yrs.	3-5 Yrs.	6-12 Yrs.
Milk, fluid	½ cup	¾ cup	1 cup
Bread	½ slice	½ slice	1 slice
Cereal, cold dry	¼ cup	1/3 cup	¾ cup
Cereal, cooked	¼ cup	¼ cup	½ cup
Fruit/Juice/Vegetable	¼ cup	½ cup	¾ cup

SNACK (select 2 components)

Milk, fluid	½ cup	1/2 cup	1 cup
Meat/Poultry/Fish/Cheese	½ oz.	½ oz.	1 oz.
Egg	½ egg	½ egg	1 egg
Cooked Dry Beans/Peas	1/8 cup	1/8 cup	¼ cup
Peanut Butter	1 Tbs.	1 Tbs.	2 Tbs.
Bread	½ slice	½ slice	1 slice
Fruit/Juice/Vegetable	½ cup	½ cup	¾ cup

LUNCH/SUPPER

Milk, fluid	½ cup	¾ cup	1 cup
Meat/Poultry/Fish/Cheese	1 oz.	1-1/2 oz.	2 oz.
Cottage Cheese	2 oz.	3 oz.	4 oz.
Cheese Food/Spread	¼ cup or 2 oz.	3/8 cup or 3 oz.	½ cup or 4 oz.
Yogurt	½ cup or 4 oz.	¾ cup or 6 oz.	1 cup or 8 oz.
Egg	½ egg	¾ egg	1 egg
Cooked Dry Beans/Peas	¼ cup	3/8 cup	½ cup
Peanut Butter	2 Tbs.	3 Tbs.	4 Tbs.
Bread	½ slice	½ slice	1 slice
Pasta	¼ cup	¼ cup	½ cup
Fruit/Vegetable #1	¼ cup	½ cup	¾ cup
Fruit/Vegetable #2	combined w/above	combined w/above	combined w/above