

CACFP Meal Pattern required components	Calendar Dates				
<b>BREAKFAST</b>					
Fluid Milk					
Fruit and/or Vegetable					
Bread or Alternate					
Meat or Alternate*					
*Meat and meat alternates may be used to substitute the entire grains component a maximum of three (3) times per week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.					
<b>MORNING SNACK (serve any two (2) of the following foods);</b>					
Fluid Milk, Vegetable, Fruit Bread or Alternate Meat or Alternate					
<b>LUNCH</b>					
Fluid Milk					
Meat or Alternate					
Vegetable					
Fruit					
Bread or Alternate					
Other Foods					
<b>AFTERNOON SNACK (serve any two (2) of the following foods);</b>					
Fluid Milk, Vegetable, Fruit Bread or Alternate Meat or Alternate					
<b>SUPPER</b>					
Fluid Milk					
Meat or Alternate					
Vegetable					
Fruit					
Bread or Alternate					
Other Foods					
For Office Use Only Menu Minder #					