

CACFP Meal Pattern required components	Calendar Dates				
BREAKFAST					
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.					
MORNING SNACK (serve any two (2) of the following foods);					
Fluid Milk, Vegetable, Fruit Bread or Alternate Meat or Alternate					
LUNCH					
Fluid Milk					
Meat or Alternate					
Vegetable					
Fruit					
Bread or Alternate					
Other Foods					
AFTERNOON SNACK (serve any two (2) of the following foods);					
Fluid Milk, Vegetable, Fruit Bread or Alternate Meat or Alternate					
SUPPER					
Fluid Milk					
Meat or Alternate					
Vegetable					
Fruit					
Bread or Alternate					
Other Foods					
For Office Use Only Menu Minder #					