

CACFP AT-RISK 6-12 & 13-18 Year olds*
SAMPLE -HOT LUNCH/SUPPER MENU - 5 DAY

Name of Program: _____ Agreement# _____

CACFP AT-RISK 6-12 & 13-18 Year olds* Lunch/Supper: Minimum Meal Pattern - 8 fl. oz. LF/FF - Fluid Milk, ½ c. Vegetables/ ¼ c. Fruits (100 % juice –once per day – served maximum 3xweek) juice may contribute half of the V/F portion size requirement), one serving Grains/Breads, and 2 oz. Meat/Meat Alternate.
 If choices change with menus, enter each choice offered.

CACFP centers and day care homes must document on their menu & production records when a grain is whole grain-rich per 7 CFR 226.20(a)(4)

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Serve only Low-Fat or Fat free Milk*		Fat content(s)	Fat-free			
		Portion in fl. oz.	8 fl. oz.			
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Meat/Meat Alternate	Item	Steak Fingers (CN)	Pulled Pork (CN)	Grilled Chicken	Hot Cheese Pizza (CN)	Chicken Leg Quarter
	Portion size or oz.	2 oz	3 oz. Pork	3 oz.	5 oz.	4 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Breads	Item	WG Roll	WG Hamburger Bun	Fettuccine Noodle	Hot Cheese Pizza(CN)	WG Roll
	Portion in oz. ¹ Ckd pasta & rice in cups	1 oz	1.8 oz.	½ cup	2 G/B	1 oz.
2 nd Grains/Breads (If planned)	Item					
	Portion in oz. ¹ Ckd pasta & rice in cups					
Vegetables/Fruits/Juice	Item	Green Beans	Homemade Cole Slaw	Fresh Broccoli	Apple Sauce	Turnip Greens
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
2 nd Vegetables/Fruits/Juice	Item	Pineapple Chunks	Sliced Peaches	Chopped Romaine	Carrot Coins	Roasted Potatoes
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
3 rd Vegetables/Fruits/Juice (Optional)	Item	Mashed Potatoes	Baked Beans	Lettuce & Tomato		
	Portion in cups	½ cup	½ cup	¼ cup		
Other Foods/Condiments	Item		Light BBQ Sauce	Light Ranch Dressing	Light Ranch Dressing	
	Portion size		1 TBSP	1 TBSP	1 TBSP	

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights in comparison with the USDA Grains/Breads Instruction Chart.