

CACFP AT-RISK 6-12 & 13-18 Year olds*
SAMPLE –SNACK MENU - 5 DAY

Agreement # _____ Contact Name and E-mail _____

CACFP AT-RISK 6-12 & 13-18 Year olds* Snack: (Select two of the five components) Meal Pattern - 8 fl. oz. LF/FF - Fluid Milk, ¼ C Vegetables/ Fruits (100 % juice –once per day – served maximum 3xweek), one serving Grains/Breads, and 1 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
Vegetables/Fruits / 100% Juice	Item		Sliced Peaches	Carrot Sticks		
	Portion in cups		1/2 cup	¾ cup		
Grains/Breads	Item	WG Thin Pretzels		WG Gold Fish	Sweet Potato Wedges	WG Banana Bread
	Portion in oz. ¹	1.0 oz.		1.0 oz.	¾ cup	1.0 oz
2 nd Grains/Breads (If planned)	Item					
	Portion in oz. ¹					
Meat/Meat Alternate	Item	Homemade Black Bean Hummus *USDA Recipe E17	Low-fat Yogurt		String Cheese	Skim Milk
	Portion size or oz.	½ Cup =2 oz	1/2 cup		1 oz	8 oz
	Contribution in oz.*					
Other Foods/ Condiments	Item			LF Ranch	AR Natural*** Honey	
	Portion size			2 TBS	1 TBS	

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Components Week 2	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables/Fruits/ 100% Juice	Item	Apple Wedges		Veggie plate (carrots, broccoli, yellow squash)	100% Berry Juice	Red Grapes
	Portion in cups	3/4 cup		3/4 cup	6 oz	3/4 cup
Grains/Breads	Item		WG Crackers		WG Tortilla Chips	
	Portion in oz. ¹		1.5 oz.		1.5 oz.	
2 nd Grains/Breads (If planned)	Item					
	Portion in oz. ¹					
Meat/Meat Alternate (If planned)	Item	Almond Butter	CN label Spicy Bean Dip	Sliced Strawberries***		Low-fat String Cheese
	Portion size or oz.	1 oz	½ Cup =2 oz	1/2 cup		1 oz.
	Contribution in oz.*					
Other Foods/ Condiments	Item			LF Ranch Dip	Salsa CN label	
	Portion size			2 TBSP	2 TBSP	

Note: *Contribution in oz. is the cooked amount. i.e., ½ large egg or 2.13 oz. raw pork sausage yields 1 oz. cooked pork and each provides 1 oz. M/MA.

¹ Please use specific product weights in comparison with the USDA Grains/Breads Instruction Chart or CACFP Meal Pattern.

Add additional menu item pages as needed.