

Afterschool Program: _____

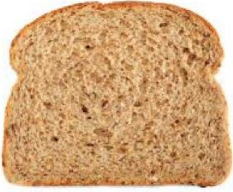



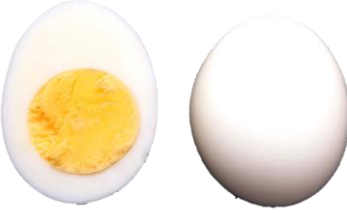





Month ____ Week of _____ Year ____

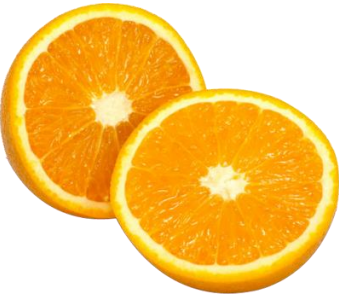
Minimum Requirements ¹			Meal Components ²	Weekly Menu Items				
Age 1 – 2	Age 3 – 5	Age 6 – 12	Snack Components*	Monday	Tuesday	Wednesday	Thursday	Friday
½ serving	½ serving	1 serving	Bread/Grain					
½ oz.	½ oz.	1 oz.	Lean Meat or Meat Alternative					
½ cup	½ cup	¾ cup	100% Fruit juice or Vegetable					
½ cup	½ cup	1 cup	Fat free or 1% Milk or Water					
*2 of 4 components must be served at minimum. **Water must be served if no other beverage is available.								
Age 1 – 2	Age 3 – 5	Age 6 – 12	Supper Components	Monday	Tuesday	Wednesday	Thursday	Friday
½ serving	½ serving	1 serving	Bread/Grain					
½ oz.	½ oz.	1 oz.	Lean Meat or Meat Alternative					
½ cup total	½ cup total	¾ cup total	Vegetable					
			Fruit or 2 nd Vegetable**					
½ cup	½ cup	1 cup	Fat free or 1% Milk or Water					
*All 5 components must be served at minimum. ** CACFP recommends serving either two vegetables or one vegetable and one fruit.								

¹Serving sizes should comply with children’s energy needs.

²Providers should note nut and seed allergies of children in the program.

Learn what the meal components look like.

Bread/Grain	   <p>1 slice whole grain bread brown rice 6'' tortilla</p>
Lean Meat/ Meat Alternative	    <p>lean fish, poultry and chicken boiled egg cottage cheese fat-free or low-fat plain yogurt</p>
Vegetable	   <p>broccoli baby carrots cooked beans</p>

Fruit	 <p data-bbox="472 479 556 511">grapes</p>	 <p data-bbox="1039 479 1144 511">avocado</p>	 <p data-bbox="1564 479 1690 511">an orange</p>
Milk	 <p data-bbox="514 860 756 893">low-free or 1% milk</p>	 <p data-bbox="1008 860 1249 893">fat-free or 0% milk</p>	