



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM
5 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY					
YEAR		WEEK OF			
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk ¹					
Vegetable, fruit, or portions of both ²					
Grain ³ Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)					
Other Foods					
SNACK AM Serve 2 of 5					
Milk ¹					
Meat/Meat Alternates					
Vegetable					
Fruit					
Grain ³					
Other Foods					
LUNCH					
Milk ¹					
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products					
Vegetable					
Fruit					
Grain ³					
Other Foods					

- 1 Unflavored whole milk for age 1, Unflavored low-fat (1%) or unflavored fat-free milk for age 2-5 and Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free for ages 6 and older
- 3 At least one serving of grain per day must be whole grain rich. Whole grain rich foods contain at least 50 percent whole grains and any remaining grains are enriched.
- 5 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates equals one ounce of grains.
- 11 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.

SNACK PM Serve 2 of 5					
Milk ¹					
Meat/Meat Alternates					
Vegetable					
Fruit					
Grain ³					
Other Foods					
SUPPER					
Milk ¹					
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products					
Vegetable					
Fruit					
Grain ³					
Other Foods					

Additional Menu Requirements

- 1 Unflavored whole milk for age 1, Unflavored low-fat (1%) or unflavored fat-free milk for age 2-5 and Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free for ages 6 and older
- 2 Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.
- 3 At least one serving of grain per day must be whole grain rich. Whole grain rich foods contain at least 50 percent whole grains and any remaining grains are enriched.
- 4 Grain based desserts do not count towards meeting the grain component with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- 5 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates equals one ounce of grains.
- 6 Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).
- 7 "Other" foods do not credit toward the CACFP meal pattern. Examples include condiments (e.g., ketchup, margarine, syrup, and jam), bacon, cream cheese, potato chips, pudding, ice cream, and gelatin.
- 8 A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.
- 9 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. At lunch and supper, nuts and seeds cannot credit for more than half of the meat/meat alternates component. They must be combined with another meat/meat alternate to meet the total requirement.
- 10 Yogurt (regular or soy) cannot contain more than 23 grams of total sugars per 6 oz.
- 11 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.
- 12 Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA's *CACFP Best Practices* recommends serving a vegetable or fruit for at least one snack component.