



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)  
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)  
**5 MEAL MENU TEMPLATE (7 DAY)**

| NAME OF CENTER/FACILITY                                                                                                                  |         |      |      |      |      |      |      |      |
|------------------------------------------------------------------------------------------------------------------------------------------|---------|------|------|------|------|------|------|------|
| YEAR                                                                                                                                     | WEEK OF | DATE | DATE | DATE | DATE | DATE | DATE | DATE |
| <b>BREAKFAST</b>                                                                                                                         |         |      |      |      |      |      |      |      |
| Milk                                                                                                                                     |         |      |      |      |      |      |      |      |
| Vegetable, fruit, or portions of both                                                                                                    |         |      |      |      |      |      |      |      |
| Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate <sup>5</sup> (no more than 3 times per week at breakfast only) |         |      |      |      |      |      |      |      |
| Other Foods                                                                                                                              |         |      |      |      |      |      |      |      |
| <b>SNACK AM Serve 2 of 5</b>                                                                                                             |         |      |      |      |      |      |      |      |
| Milk                                                                                                                                     |         |      |      |      |      |      |      |      |
| Meat/Meat Alternates                                                                                                                     |         |      |      |      |      |      |      |      |
| Vegetable                                                                                                                                |         |      |      |      |      |      |      |      |
| Fruit                                                                                                                                    |         |      |      |      |      |      |      |      |
| Grain                                                                                                                                    |         |      |      |      |      |      |      |      |
| Other Foods                                                                                                                              |         |      |      |      |      |      |      |      |
| <b>LUNCH</b>                                                                                                                             |         |      |      |      |      |      |      |      |
| Milk                                                                                                                                     |         |      |      |      |      |      |      |      |
| Meat/Meat Alternates                                                                                                                     |         |      |      |      |      |      |      |      |
| Vegetable                                                                                                                                |         |      |      |      |      |      |      |      |
| Fruit                                                                                                                                    |         |      |      |      |      |      |      |      |
| Grain                                                                                                                                    |         |      |      |      |      |      |      |      |
| Other Foods                                                                                                                              |         |      |      |      |      |      |      |      |

|                       |  |  |  |  |  |  |  |
|-----------------------|--|--|--|--|--|--|--|
| SNACK PM SERVE 2 OF 5 |  |  |  |  |  |  |  |
| Milk                  |  |  |  |  |  |  |  |
| Meat/Meat Alternates  |  |  |  |  |  |  |  |
| Vegetable             |  |  |  |  |  |  |  |
| Fruit                 |  |  |  |  |  |  |  |
| Grain                 |  |  |  |  |  |  |  |
| Other Foods           |  |  |  |  |  |  |  |
| SUPPER                |  |  |  |  |  |  |  |
| Milk                  |  |  |  |  |  |  |  |
| Meat/Meat Alternates  |  |  |  |  |  |  |  |
| Vegetable             |  |  |  |  |  |  |  |
| Fruit                 |  |  |  |  |  |  |  |
| Grain                 |  |  |  |  |  |  |  |
| Other Foods           |  |  |  |  |  |  |  |

**Note:** Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.