



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
USDA REQUIREMENTS 6 MEAL MENU TEMPLATE (7 DAY)

EXAMPLE

NAME OF CENTER/FACILITY							
YEAR		WEEK OF					
BREAKFAST	DATE	DATE	DATE	DATE	DATE	DATE	DATE
Milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk
Vegetable, fruit, or portions of both	applesauce	pineapple chunks	red grapes	banana	diced pears	orange sections	apple slices
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate ⁵ (no more than 3 times per week at breakfast only)	WG waffle	oatmeal	WG english muffin	biscuit	WG raisin toast	WG bagel	cream of wheat
Other Foods		raisins	peanut butter	egg		cream cheese	cinnamon
SNACK AM Serve 2 of 5							
Milk							
Meat/Meat Alternates							
Vegetable							
Fruit							
Grain							
Other Foods							
LUNCH		beef taco			turkey pita sandwich	hot dog on bun	turkey & cheese burrito
Milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk
Meat/Meat Alternates	corndog (CN)	ground beef	fish sticks (CN)	chicken nuggets (CN)	turkey breast	beef hot dog (CN)	ground turkey & cheese
Vegetable	steamed broccoli	black beans & corn	cheesy potatoes	broccoli	cucumber salad	tater tots	refried beans
Fruit	apple	oranges	peaches	pears	strawberries	fruit cocktail	apricots
Grain	corndog breading (CN)	whole wheat tortilla	cornbread	WG roll	pita	WG bun	WG tortilla
Other Foods	mustard, catsup	salsa	butter		mayonnaise	mustard, catsup	salsa

SNACK PM Serve 2 of 5							
Milk							
Meat/Meat Alternates							
Vegetable							
Fruit							
Grain							
Other Foods							
SUPPER	spaghetti with meat sauce			cheese pizza (HM)	chicken & noodles	ham & beans	cashew chicken
Milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk	skim milk
Meat/Meat Alternates	ground beef	fish patty (CN)	roast beef	cheese	chicken	ham	chicken
Vegetable	peas	mixed vegetables	mashed potatoes	tossed salad	peas	broccoli & navy beans	mixed vegetables
Fruit	pineapple bits	fruit salad	watermelon cubes	peaches	apple slices	fruit salad	clementines
Grain	whole wheat spaghetti	WG bun	WG roll	WG pizza crust	noodles	cornbread	WG brown rice
Other Foods	garlic bread, spaghetti sauce	tarter sauce	beef gravy	salad dressing, pizza sauce			
SNACK PM Serve 2 of 5							
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.