



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)**

|                                                                                                                                          |      |         |      |      |      |      |      |
|------------------------------------------------------------------------------------------------------------------------------------------|------|---------|------|------|------|------|------|
| NAME OF CENTER/FACILITY                                                                                                                  |      |         |      |      |      |      |      |
| YEAR                                                                                                                                     |      | WEEK OF |      |      |      |      |      |
| <b>BREAKFAST</b>                                                                                                                         | DATE | DATE    | DATE | DATE | DATE | DATE | DATE |
| 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                                                                                                                              |      |         |      |      |      |      |      |

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

|                              |  |  |  |  |  |  |  |
|------------------------------|--|--|--|--|--|--|--|
| <b>SNACK PM Serve 2 of 5</b> |  |  |  |  |  |  |  |
| Milk                         |  |  |  |  |  |  |  |
| Meat/Meat Alternates         |  |  |  |  |  |  |  |
| Vegetable                    |  |  |  |  |  |  |  |
| Fruit                        |  |  |  |  |  |  |  |
| Grain                        |  |  |  |  |  |  |  |
| Other Foods                  |  |  |  |  |  |  |  |
| <b>SUPPER</b>                |  |  |  |  |  |  |  |
| Milk                         |  |  |  |  |  |  |  |
| Meat/Meat Alternates         |  |  |  |  |  |  |  |
| Vegetable                    |  |  |  |  |  |  |  |
| Fruit                        |  |  |  |  |  |  |  |
| Grain                        |  |  |  |  |  |  |  |
| Other Foods                  |  |  |  |  |  |  |  |
| <b>SNACK PM Serve 2 of 5</b> |  |  |  |  |  |  |  |
| 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.