

Requirement/s		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	The following meets CACFP guidelines: *Juice 100%. *Water is made available. *Whole milk age 1-2 year. *Fat free or low fat milk ages 2 years and older. *Luncheon meats deli-low fat. *Homemade items are from scratch. *Convenience foods have CN label or homemade.
Breakfast	Milk																
	Vegetable or Fruit																
	Cereal or Bread Alternate																
AM	Snack select 2 different items from these 4 groups: 1. Milk 2. Meat or Alternate 3. Vegetable or Fruit 4. Bread or Alternate																
Lunch	Milk																
	Meat or Meat Alternate																
	Vegetable or Fruit																
	Vegetable or Fruit																
	Bread or Bread Alternate																
PM	Snack select 2 different items from these 4 groups: 1. Milk 2. Meat or Alternate 3. Vegetable or Fruit 4. Bread or Alternate																
Dinner	Milk																
	Meat or Meat Alternate																
	Vegetable or Fruit																
	Vegetable or Fruit																
	Bread or Bread Alternate																
Night	Snack select 2 different items from these 4 groups: 1. Milk 2. Meat or Alternate 3. Vegetable or Fruit 4. Bread or Alternate																

Requirement/s		16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Breakfast	Milk																
	Vegetable or Fruit																
	Cereal or Bread Alternate																
AM	Snack select 2 different items from these 4 groups: 1. Milk 2. Meat or Alternate 3. Vegetable or Fruit 4. Bread or Alternate																
Lunch	Milk																
	Meat or Meat Alternate																
	Vegetable or Fruit																
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Dinner	Milk																
	Meat or Meat Alternate																
	Vegetable or Fruit																
	Vegetable or Fruit																
	Bread or Bread Alternate																
Night	Snack select 2 different items from these 4 groups: 1. Milk 2. Meat or Alternate 3. Vegetable or Fruit 4. Bread or Alternate																

Comments:

Provider: _____ Month: _____ Year: _____