

STATE OF ALASKA CACFP WEEKLY CHILD MENU

UNDER 3	3 to 6	6 to 12	MEALS	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
AMOUNTS	AMOUNTS	AMOUNTS	(B) BREAKFAST							
1/4 CUP	1/2 CUP	1/2 CUP	Fruit, Juice, or Vegetable							
1/4 CUP OR 1/2 SLICE	1/3 CUP OR 1/2 SLICE	3/4 CUP OR 1 SLICE	Cereal, Bread or Alt							
1/2 CUP	3/4 CUP	1 CUP	Fruit Milk							
			AM SNACK							
1/2 Cup	1/2 Cup	3/4 Cup	Fruit, Juice or Vegetable							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 Cup	1/2 Cup	1 Cup	Fruit Milk							
			(Select 1 each from 2 different food groups.)							
			(L) LUNCH							
1 Ounce	1 1/2 Ounce	2 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 Cup	1/2 Cup	3/4 Cup	Vegetable and/or Fruit							
TOTAL	TOTAL	TOTAL	Vegetable and/or Fruit							
1/2 Cup	3/4 Cup	1 Cup	Fluid Milk							
			(P) PM SNACK							
1/2 Cup	1/2 Cup	3/4 Cup	Fruit, Juice or Vegetable							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 Cup	1/2 Cup	1 Cup	Fluid Milk							
			(Select 1 each from 2 different food groups.)							
			(S) SUPPER							
1 Ounce	1 1/2 Ounce	2 Ounces	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 Cup	1/2 Cup	3/4 Cup	Vegetable and/or Fruit							
TOTAL	TOTAL	TOTAL	Vegetable and/or Fruit							
1/2 Cup	3/4 Cup	1 Cup	Fluid Milk							
			(E) EVENING SNACK							
1/2 Cup	1/2 Cup	3/4 Cup	Fruit, Juice or Vegetable							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 Cup	1/2 Cup	1 Cup	Fluid Milk							
			(Select 1 each from 2 different food groups.)							

I CERTIFY THAT THIS IS A TRUE AND ACCURATE RECORD OF FOOD SERVICE TO ENROLLED CHILDREN IN MY FAMILY CHILD CARE HOME.

REVIEWED BY _____

PROVIDER SIGNATURE AND DATE _____