

Food service menus

This document was created by the Division of Licensing and Background Checks (DLBC). These menus are based on the [Child and Adult Care Food Program \(CACFP\) meal pattern requirements](#).

Solely using these menus does not qualify a child care program for CACFP participation or funding. To learn more about qualifying and applying for the CACFP, visit the [Utah State Board of Education website](#).

CACFP meal patterns

These menus follow the CACFP meal pattern requirements. A brief description of these requirements will be provided here. For detailed information, visit the [Utah State Board of Education website](#).

Grains

All grains must be made with enriched or whole grain meal or flour. At least one serving of grains per day must be whole grain-rich. Grain-based desserts do not count.

Breakfast cereals must be whole grain, enriched or fortified and contain no more than 6 grams of added sugars per dry ounce.

Meat/meat alternates

This component may include lean meats, poultry, fish, cheese, eggs, cooked dry beans, peas, lentils, or peanut butter. Nuts and seeds and their butters are also allowed.

Yogurt may be used as a meat alternative. 4 ounces of yogurt is equal to 1 ounce of meat. Yogurt may be plain or flavored but must contain no more than 2 grams of added sugars per ounce.



Breakfast

All three components listed in the table below must be served.

Meal components	Ages 1-2	Ages 3-5	Ages 6-12
Milk*	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
Vegetables/fruits	¼ cup	½ cup	½ cup
Grains**	½ oz eq	½ oz eq	1 oz eq

Lunch

All five components listed in the table below must be served.

Meal components	Ages 1-2	Ages 3-5	Ages 6-12
Milk*	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
Meat/meat alternates	1 oz eq	1 ½ oz eq	2 oz eq
Vegetables	⅛ cup	¼ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup
Grains**	½ oz eq	½ oz eq	1 oz eq

Snack

Two of the five components listed in the table below must be served.

Meal components	Ages 1-2	Ages 3-5	Ages 6-12
Milk*	4 oz (½ cup)	4 oz (½ cup)	8 oz (1 cup)
Meat/meat alternates	½ oz eq	½ oz eq	1 oz eq
Vegetables	½ cup	½ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup
Grains**	½ oz eq	½ oz eq	1 oz eq

****Must be unflavored. Whole milk for 1 year olds, 1% or less for older children.***

*****Meat/meat alternates may be used to substitute the entire grains component a maximum of three times per week.***

oz eq = Ounce equivalent



Week one

Day of the week	Meal		
	Breakfast	Lunch	Snack
Monday	Toasted oats cereal	Diced chicken breast	Applesauce
	Sliced bananas	Brown rice	String cheese
	Milk	Steamed carrots	
		Diced peaches	
		Milk	
Tuesday	Whole wheat toast	Turkey slices	Plain yogurt
	Sliced strawberries	Whole wheat bread	Whole wheat crackers
	Milk	Cucumber sticks	
		Pear slices	
		Milk	
Wednesday	Oatmeal	Bean & cheese quesadilla (with whole wheat tortillas)	Carrot sticks
	Blueberries	Green beans	Hummus
	Milk	Mandarin oranges	
		Milk	
Thursday	Whole wheat pancakes	Beef meatballs	Hardboiled egg
	Applesauce	Whole wheat pasta	Sliced tomatoes
	Milk	Steamed broccoli	
		Pineapple tidbits	
		Milk	
Friday	Corn flakes cereal	Baked white fish	Whole wheat pita
	Diced peaches	Quinoa	Cucumber slices
	Milk	Peas	
		Mixed berries	
		Milk	



Week two

Day of the week	Meal		
	Breakfast	Lunch	Snack
Monday	Whole grain waffles	Scrambled eggs	Cheddar cheese cubes
	Diced pears	Whole wheat toast	Grapes (halved or quartered)
	Milk	Roasted zucchini	
		Applesauce	
		Milk	
Tuesday	Wheat chex cereal	Black beans	Whole wheat crackers
	Sliced bananas	Brown rice	Turkey slices
	Milk	Sweet corn	
		Diced melon	
		Milk	
Wednesday	Whole grain english muffins	Diced ham	Plain yogurt
	Diced melon	Whole wheat roll	Blueberries
	Milk	Sweet potato cubes	
		Pineapple tidbits	
		Milk	
Thursday	Oatmeal	Chicken salad	Cottage cheese
	Diced apples	Pita bread	Diced peaches
	Milk	Celery sticks	
		Grapes (halved or quartered)	
		Milk	
Friday	Bagel half	Vegetarian lentil stew	Milk
	Sliced strawberries	Saltine crackers	Sliced bananas
	Milk	Side salad	
		Mandarin oranges	
		Milk	



Week three

Day of the week	Meal		
	Breakfast	Lunch	Snack
Monday	Whole wheat toast	Turkey meatloaf	Hummus
	Applesauce	Whole wheat roll	Pita bread
	Milk	Green beans	
		Diced peaches	
		Milk	
Tuesday	Crispy rice cereal	Baked tofu cubes	String cheese
	Sliced bananas	Quinoa	Apple slices
	Milk	Steamed broccoli	
		Mandarin oranges	
		Milk	
Wednesday	Whole wheat pancakes	Tuna salad	Plain yogurt
	Blueberries	Whole wheat crackers	Sliced strawberries
	Milk	Carrot slices	
		Diced pears	
		Milk	
Thursday	Bran muffin	Shredded pork	Hardboiled egg
	Diced peaches	Brown rice	Whole wheat toast
	Milk	Black beans	
		Mango slices	
		Milk	
Friday	Oatmeal	Cheese pizza (with whole wheat crust)*	Cheddar cheese crackers
	Sliced strawberries	Side salad	Applesauce
	Milk	Diced melon	
		Milk	
*Must be homemade, have a CN label, or have a PFS.			



Week four

Day of the week	Meal		
	Breakfast	Lunch	Snack
Monday	Whole wheat waffles	Diced chicken breast	Cottage cheese
	Mandarin oranges	Whole wheat pasta	Pineapple tidbits
	Milk	Peas	
		Diced pears	
		Milk	
Tuesday	Toasted oats cereal	Beef patty	Plain yogurt
	Sliced bananas	Whole wheat bun	Whole wheat crackers
	Milk	Roasted carrots	
		Applesauce	
		Milk	
Wednesday	Whole wheat english muffin	Cheese quesadilla (whole wheat tortilla)	Turkey slices
	Diced melon	Pinto beans	Cucumber sticks
	Milk	Sweet corn	
		Sliced strawberries	
		Milk	
Thursday	Oatmeal	Fish sticks (whole wheat breading)	Hummus*
	Diced peaches	Sweet potato fries	Carrot sticks
	Milk	Green beans	
		Mixed fruit	
		Milk	
Friday	Bagel half	Macaroni & cheese (whole wheat pasta)	Milk
	Diced apples	Diced ham	Sliced bananas
	Milk	Steamed broccoli	
		Diced peaches	
		Milk	
*Must be homemade, have a CN label, or have a PFS.			

