



# SAMPLE MEAL Plan

**CELEBRATE VIRGINIA CACFP WEEK**  
MARCH 10-16, 2024

Meal	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cranberries	Peaches	Oranges	Strawberries	Applesauce
	Grain/Meat <sup>1</sup>	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Pancakes	WG Oatmeal	Large Egg	WG Cereal (Flakes)	WG French Toast
<b>Lunch &amp; Supper</b>	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cooked Peas	Green Beans	Cauliflower	Lettuce, Tomatoes	Squash
	Fruit <sup>2</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Sliced Bananas	Berry Mix	Grapes	Avocado Slices	Oranges
	Grain <sup>1</sup>	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Bread	WG Roll	WG Crust	Whole Grain Tortilla	WG Noodles
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Baked Chicken / Tofu	WG Cheese / Veggie Pizza	Chicken Tacos / Beans & Cheese	Lasagna, Tomato sauce
<b>Snack</b>	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Mandarin Oranges		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Cucumbers			Carrot & Celery Sticks	
	Grain	1/2 cup	1/2 oz	1 oz	1 oz		WG Banana Bread			WG Pretzels
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt Ranch Dip		Yogurt	Peanut Butter	Hummus

<sup>1</sup>Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>2</sup>The fruit component at lunch may be substituted by an additional vegetable.

<sup>3</sup>A serving of milk is not required at supper meals for adults.