



SAMPLE MEAL Plan

**VIRGINIA
CACFP
WEEK**

MARCH 15–21, 2026

	Meal	Ages 1-2	Ages 3-5	Ages 6-18	Adults	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cranberries	Peaches	Oranges	Strawberries	Applesauce
	Grain/Meat ¹	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Pancakes	WG Oatmeal	Large Egg	WG Cereal (Flakes)	WG French Toast
Lunch & Supper	Milk	1/2 cup	3/4 cup	1 cup	1 cup ³	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cooked Peas	Green Beans	Cauliflower	Lettuce, Tomatoes	Squash
	Fruit ²	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Sliced Bananas	Berry Mix	Grapes	Avocado Slices	Oranges
	Grain ¹	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
Snack	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	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

¹Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. ²The fruit component at lunch may be substituted by an additional vegetable. ³A serving of milk is not required at supper meals for adults.