

## 21-Day Sample Cycle Menu Child and Adult Care Food Program

The abbreviation to the left of each menu item indicates the meal pattern component supplied. The following abbreviations are used: G/B = Grains/Breads; M/MA = Meat/Meat Alternate; F/V = Fruit/Vegetable; other = Other additional food items served but not necessary to meet meal pattern requirements. This menu meets the Child and Adult Care Food Program Meal requirements for children ages 3-5 years; and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples and grapes. Please substitute appropriate foods for children less than three years of age. Whole milk is recommended for children ages 1-2 years. Low fat milk is recommended for children age 2 and older. All bread and bread alternates must be made with enriched or whole grains. Offer water as a beverage when a fluid is not included as one of the components of the snack.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Day 1 – Breakfast</b>	<b>Day 2 – Breakfast</b>	<b>Day 3 – Breakfast</b>	<b>Day 4 – Breakfast</b>	<b>Day 5 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 1 – Lunch</b>	<b>Day 2 – Lunch</b>	<b>Day 3 – Lunch</b>	<b>Day 4 – Lunch</b>	<b>Day 5 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 1 – Snack</b> (Serve 2 of these 4 components)	<b>Day 2 – Snack</b> (Serve 2 of these 4 components)	<b>Day 3 – Snack</b> (Serve 2 of these 4 components)	<b>Day 4 – Snack</b> (Serve 2 of these 4 components)	<b>Day 5 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Day 6 – Breakfast</b>	<b>Day 7 – Breakfast</b>	<b>Day 8 – Breakfast</b>	<b>Day 9 – Breakfast</b>	<b>Day 10 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 6 – Lunch</b>	<b>Day 7 – Lunch</b>	<b>Day 8 – Lunch</b>	<b>Day 9 – Lunch</b>	<b>Day 10 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 6 – Snack</b> (Serve 2 of these 4 components)	<b>Day 7 – Snack</b> (Serve 2 of these 4 components)	<b>Day 8 – Snack</b> (Serve 2 of these 4 components)	<b>Day 9 – Snack</b> (Serve 2 of these 4 components)	<b>Day 10 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Day 11 – Breakfast</b>	<b>Day 12 – Breakfast</b>	<b>Day 13 – Breakfast</b>	<b>Day 14 – Breakfast</b>	<b>Day 15 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 11 – Lunch</b>	<b>Day 12 – Lunch</b>	<b>Day 13 – Lunch</b>	<b>Day 14 – Lunch</b>	<b>Day 15 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 11 – Snack</b> (Serve 2 of these 4 components)	<b>Day 12 – Snack</b> (Serve 2 of these 4 components)	<b>Day 13 – Snack</b> (Serve 2 of these 4 components)	<b>Day 14 – Snack</b> (Serve 2 of these 4 components)	<b>Day 15 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

**21-Day Sample Cycle Menu  
Child and Adult Care Food Program**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Day 16 – Breakfast</b>	<b>Day 17 – Breakfast</b>	<b>Day 18 – Breakfast</b>	<b>Day 19 – Breakfast</b>	<b>Day 20 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 16 – Lunch</b>	<b>Day 17 – Lunch</b>	<b>Day 18 – Lunch</b>	<b>Day 19 – Lunch</b>	<b>Day 20 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 16 – Snack</b> (Serve 2 of these 4 components)	<b>Day 17 – Snack</b> (Serve 2 of these 4 components)	<b>Day 18 – Snack</b> (Serve 2 of these 4 components)	<b>Day 19 – Snack</b> (Serve 2 of these 4 components)	<b>Day 20 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

**21-Day Sample Cycle Menu  
Child and Adult Care Food Program**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Day 21 – Breakfast</b>	<b>Day 22 – Breakfast</b>	<b>Day 23 – Breakfast</b>	<b>Day 24 – Breakfast</b>	<b>Day 25 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 21 – Lunch</b>	<b>Day 22 – Lunch</b>	<b>Day 23 – Lunch</b>	<b>Day 24 – Lunch</b>	<b>Day 25 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 21 – Snack</b> (Serve 2 of these 4 components)	<b>Day 22 – Snack</b> (Serve 2 of these 4 components)	<b>Day 23 – Snack</b> (Serve 2 of these 4 components)	<b>Day 24 – Snack</b> (Serve 2 of these 4 components)	<b>Day 25 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Day 26 – Breakfast</b>	<b>Day 27 – Breakfast</b>	<b>Day 28 – Breakfast</b>	<b>Day 29 – Breakfast</b>	<b>Day 30 – Breakfast</b>
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 26 – Lunch</b>	<b>Day 27 – Lunch</b>	<b>Day 28 – Lunch</b>	<b>Day 29 – Lunch</b>	<b>Day 30 – Lunch</b>
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____	F/V 1: _____
F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____	F/V 2: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____
<b>Day 26 – Snack</b> (Serve 2 of these 4 components)	<b>Day 27 – Snack</b> (Serve 2 of these 4 components)	<b>Day 28 – Snack</b> (Serve 2 of these 4 components)	<b>Day 29 – Snack</b> (Serve 2 of these 4 components)	<b>Day 30 – Snack</b> (Serve 2 of these 4 components)
M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____	M/MA: _____
F/V: _____	F/V: _____	F/V: _____	F/V: _____	F/V: _____
G/B: _____	G/B: _____	G/B: _____	G/B: _____	G/B: _____
Milk: _____	Milk: _____	Milk: _____	Milk: _____	Milk: _____
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

**21-Day Sample Cycle Menu  
Child and Adult Care Food Program**

<b>Monday</b>				
<b>Day 31 – Breakfast</b>				
F/V: _____ G/B: _____ Milk: _____ Other: _____				
<b>Day 31 – Lunch</b>				
M/MA: _____ F/V 1: _____ F/V 2: _____ G/B: _____ Milk: _____ Other: _____				
<b>Day 31 – Snack</b> (Serve 2 of these 4 components)				
M/MA: _____ F/V: _____ G/B: _____ Milk: _____ Other: _____				