

CHILD AND ADULT CARE FOOD PROGRAM
WEEKLY MENU PLANNER—CHILDREN 3 TO 5 YEARS
MEAL PATTERN REQUIREMENTS: CHILDREN 3-5 YEARS FOR MIN. SERVING REQUIREMENTS

Union Baptist Head Start November 30-December 04, 2020



MEAL REQUIREMENTS	PORTION SIZES	MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY
	Ages 3-5	11/30	12/01	02	03	04
BREAKFAST—ALL 3 COMPONENTS REQUIRED						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Grain: Bread/Muffins/Roll/Waffles Pancakes, etc.... Cereal	½ oz eq (½ serving) Hot ¼ cup - Cold ½ cup	Raisin Bran Muffins	Corn Fakes	Whole Grain French Toast Sticks	Cheerios	Sausage Biscuit
Fruit or Vegetable	½ cup	Fuji Apple	Strawberries	Cantaloupe	Blueberries	Strawberries
LUNCH – 5 OF THE 5 COMPONENTS REQUIRED						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	1½ oz	Grilled Cheese	Cheeseburger	Chicken & Gravy	Sliced Turkey Ham	Eggs Salad
Grain: Bread or Roll Pasta/Rice	½ slice, ½ oz eq (½ serving) ¼ cup	Whole Grain Bread	Slider Roll	Egg Noodles	Whole Grain Bread	Whole Grain Cracker
Vegetable	¼ cup	Mashed Sweet Potatoes	Corn on the Cobb	Collard Greens	Spinach	Succotash
Different Vegetable or Fruit or 100% Juice	¼ cup	Oranges	Sweet Peas	Fuji Apple	Fruit Cocktail	Fuji Apple
SNACK 2 of ALL 5 COMPONENTS REQUIRED						
Fluid Milk	½ cup	Milk		Milk	Milk	Milk
Meat/Meat Alternate	½ oz					
Grain: Cereal/Crackers/ Muffin/Bread	½ oz eq (½ serving) ½ slice	Animal Crackers	Whole Grain Goldfish			Graham Cracker
Vegetable	½ cup					
Fruit or 100% Fruit Juice	½ cup		100% Fruit Juice	Fruit Cocktail	Cinnamon Applesauce	

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.