

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 September 21-25, 2020

MEAL REQUIREMENTS	PORTION SIZES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ages 3-5	21	22	23	24	25
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	Yogurt	English Muffins w/ Grape Jelly	Whole Grain French Toast Sticks	Chex	Assorted Muffins
Fruit or Vegetable	½ cup	Mixed berries	Pineapples	Fruit Cocktail	Plum	Strawberry Applesauce
LUNCH – 5 OF THE 5 COMPONENTS REQUIRED						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	1½ oz	Tuna Salad	Turkey	Turkey-Roni w/	Honey Mustard Chicken	Turkey Ham & American Cheese
Grain: Bread or Roll	½ slice, ½ oz eq (½ serving)	Whole Grain Crackers	Wheat Bread	Pasta	Animal Crackers	Wheat Bread
Pasta/Rice	¼ cup					
Vegetable	¼ cup	Mashed Cauliflower	Broccoli w/ Ranch	Spinach	Corn on the Cobb	Succotash
Different Vegetable or Fruit or 100% Juice	¼ cup	Watermelon	Cantaloupe	Roasted Potatoes	Oranges	Fuji Apple
SNACK 2 of ALL 5 COMPONENTS REQUIRED						
Fluid Milk	½ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	½ oz					
Grain: Cereal/Crackers/ Muffin/Bread	½ oz eq (½ serving) ½ slice	Plum	Whole Grain Cheese Crackers	Blueberry Muffin	Plum	Whole Grain Goldfish
Vegetable	½ cup					
Fruit or 100% Fruit Juice	½ cup					

: This institution is an equal opportunity provider.