

**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 October 5-9, 2020*

MEAL REQUIREMENTS	PORTION SIZES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ages 3-5	5	6	7	8	9
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>						
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	Turkey Sausage Egg & Cheese Croissant	Biscuit w/ Apple Butter	Whole Grain Pancakes	Cheerios	Raisin Bran
Fruit or Vegetable	½ cup	Oranges	Red Delicious Apples	Peaches	Cantaloupe	Banana
<b>LUNCH – 5 OF THE 5 COMPONENTS REQUIRED</b>						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	1½ oz	Sliced Chicken on a Salad	Beef Burger w/ Gravy	Sloppy Joe	Turkey Ham	Roasted Turkey w/ American Cheese
Grain: Bread or Roll Pasta/Rice	½ slice, ½ oz eq (½ serving) ¼ cup	Whole Grain Crackers	Whole Grain Mac & Cheese	Slider Rolls	Potato Bread	Whole Grain Bread
Vegetable	¼ cup	Green Leaf Lettuce Tomatoes Egg	Kale	Succotash	Spinach	Corn on the Cobb
Different Vegetable or Fruit or 100% Juice	¼ cup	Cucumbers Carrots	Mashed Sweet Potatoes	Honey Dew	Red Delicious Apples	Orange
<b>SNACK 2 of ALL 5 COMPONENTS REQUIRED</b>						
Fluid Milk	½ cup	Milk	Milk		Milk	
Meat/Meat Alternate	½ oz					
Grain: Cereal/Crackers/ Muffin/Bread	½ oz eq (½ serving) ½ slice	Celery Sticks w/ Honey Mustard	Animal Crackers	Graham Crackers	Pretzels	Whole Grain Cheese Crackers
Vegetable	½ cup					
Fruit or 100% Fruit Juice	½ cup			100% Fruit Juice		100% Fruit Juice

***This institution is an equal opportunity provider.***