



**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 14-18, 2020*

MEAL REQUIREMENTS	PORTION SIZES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14	15	16	17	18
<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	Bagel w/ Strawberry Cream Cheese	<b>Whole Grain Blueberry Muffins</b>	Egg & Cheese On English Muffin	<b>Chex</b>	<b>Whole Grain Waffles w/</b>
Fruit or Vegetable	½ cup	Strawberries	Strawberry Applesauce	Orange	Plums	Assorted Berries
<b>LUNCH – 5 OF THE 5 COMPONENTS REQUIRED</b>						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	1½ oz	Apple Raisin Chicken Salad	Ground Turkey & Marinara	Chicken &	Sliced Turkey & American Cheese	Tuna
Grain: Bread or Roll	½ slice, ½ oz eq (½ serving)	<b>Whole Grain Crackers</b>	Spaghetti	<b>Brown Rice</b>	Wheat Bread	Macaroni Salad
Pasta/Rice	¼ cup	Side Salad w/ Green Leaf Lettuce & Tomato	Green Beans	Broccoli	Lettuce & Tomatoes	Spinach
Different Vegetable or Fruit or 100% Juice	¼ cup	Cucumbers	Plums	Corn on the Cobb	Fuji Apple	Pineapples
<b>SNACK 2 of ALL 5 COMPONENTS REQUIRED</b>						
Fluid Milk	½ cup		Milk		Milk	
Meat/Meat Alternate	½ oz					
Grain: Cereal/Crackers/Muffin/Bread	½ oz eq (½ serving) ½ slice	Goldfish	Animal Crackers	Tortilla Chips & Salsa		Cheese Crackers
Vegetable	½ cup				Celery w/ Ranch	
Fruit or 100% Fruit Juice	½ cup	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice		100% Fruit Juice

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