

**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 January 11-15, 2021*



MEAL REQUIREMENTS	PORTION SIZES	MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY
	Ages 3-5	11	12	13	14	15
<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	Chex	Egg & Cheese on English Muffin	Whole Grain Pancakes	Corn Flakes	Croissant w/ Apple Butter
Fruit or Vegetable	½ cup	Cantaloupe	Blueberries	Oranges	Bananas	Fuji Apples
<b>LUNCH – 5 OF THE 5 COMPONENTS REQUIRED</b>						
Fluid Milk	¾ cup	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	1½ oz	Turkey Ham & American Cheese	Sloppy Joe	BBQ Chicken	Roasted Turkey	Tuna 225- Sub Turkey
Grain: Bread or Roll Pasta/Rice	½ slice, ½ oz eq (½ serving) ¼ cup	Whole Grain Bread	Slider Rolls	Croissant	Whole Grain Bread	Whole Grain Crackers
Vegetable	¼ cup	Stewed Tomatoes	Succotash	Spinach	Sting Beans	Kale
Different Vegetable or Fruit or 100% Juice	¼ cup	Fuji Apples	Peaches	Honey Dew	Fruit Cocktail	Cantaloupe
<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		Whole Grain Cheese Crackers	Graham Crackers	Pretzels	Animal Crackers
Vegetable	½ cup	Carrots w/ Honey Mustard				
Fruit or 100% Fruit Juice	½ cup			100% Fruit Juice		100% Fruit Juice

Children with a fruit allergy will enjoy an alternate fruit.

This institution is an equal opportunity provider.

Children with a milk allergy will enjoy soy milk.