

CHILD CARE MENU FORM I - (MON-FRI)

Name: _____

Child 1-12 years

Week of: _____



FOOD Minimum Servings 1 to 2 / 3 to 5 / 6 to 12	MONDAY Food Items	TUESDAY Food Items	WEDNESDAY Food Items	THURSDAY Food Items	FRIDAY Food Items
BREAKFAST Juice or Fruit or Vegetable 1/4 c. / 1/2 c. / 1/2 c.					
Cereal or Bread Alternate 1/2 sl. / 1/2 sl. / 1 sl.					
Milk 1/2 c. / 3/4 c. / 1 c.					
AM SNACK (2 OUT OF 4) 1. Fruit / Vegetable 1/2 c. / 1/2 c. / 3/4 c. 2. Meat or Alternate 1/2 oz. / 1/2 oz. / 1 oz. 3. Bread or Alternate 1/2 sl. / 1/2 sl. / 1 sl. 4. Milk 1/2 c. / 3/4 c. / 1 c.					
LUNCH Meat or Alternate 1 oz. / 1 1/2 oz. / 2 oz.					
Fruit / Vegetable (2 Items) 1/4 c. / 1/2 c. / 3/4 c.					
Bread or Alternate 1/2 sl. / 1/2 sl. / 1 sl.					
Milk 1/2 c. / 3/4 c. / 1 c.					
PM SNACK (2 OUT OF 4) 1. Fruit / Vegetable 1/2 c. / 1/2 c. / 3/4 c. 2. Meat or Alternate 1/2 oz. / 1/2 oz. / 1 oz. 3. Bread or Alternate 1/2 sl. / 1/2 sl. / 1 sl. 4. Milk 1/2 c. / 3/4 c. / 1 c.					
SUPPER Meat or Alternate 1 oz. / 1 1/2 oz. / 2 oz.					
Fruit / Vegetable (2 Items) 1/4 c. / 1/2 c. / 3/4 c.					
Bread or Alternate 1/2 sl. / 1/2 sl. / 1 sl.					
Milk 1/2 c. / 3/4 c. / 1 c.					