

Institution Name: <u>Southwestern Child Development</u>		CHILD AND ADULT CARE FOOD PROGRAM						
Facility Name: _____		DAILY MENU						
Agreement #: <u>7272</u>		Month/Year _____			Week of: _____			
MEAL PATTERNS / REQUIRED AMOUNTS								
FOOD COMPONENTS	CHILDREN 1 - 2 YR	CHILDREN 3 - 5 YR	CHILDREN 6 - 12 YR	DATE:	DATE:	DATE:	DATE:	DATE:
BREAKFAST								
1) Milk fluid AND	1/2 cup	3/4 cup	1 cup					
2) Fruit or Vegetable or 100% Juice AND	1/4 cup	1/2 cup	1/2 cup					
3) Bread OR Bread Alternate (Whole grain or enriched bread, Whole grain or enriched cracker type product)	1/2 slice	1/2 slice	1 slice					
LUNCH								
1) Milk fluid AND	1/2 cup	3/4 cup	1 cup					
2) Lean Meat, Poultry or Fish OR Cheese OR Eggs OR Cooked Dry Beans/Peas OR Peanut OR Peanuts, Soynuts or Other Tree Nuts/Seeds* OR Yogurt	1 oz	1 1/2 oz	2 oz					
3) Fruit AND/OR Vegetable OR 100% Juice	1/8 cup	1/4 cup	1/4 cup					
4) Fruit AND/OR Vegetable OR 100% Juice	1/8 cup	1/4 cup	1/2 cup					
5) Bread OR Bread Alternate (Whole grain or enriched bread, Whole grain or enriched cracker type product)	1/2 slice	1/2 slice	1 slice					
PM SNACK - SERVE 2 FOOD COMPONENTS								
1) Milk fluid AND	1/2 cup	1/2 cup	1 cup					
2) Lean Meat, Poultry or Fish OR Cheese OR Eggs OR Cooked Dry Beans/Peas OR Peanut OR Peanuts, Soynuts or Other Tree Nuts/Seeds* OR Yogurt	1/2 oz	1/2 oz	1 oz					
3) Fruit OR Vegetable OR 100% Juice	1/2 cup	1/2 cup	3/4 cup					
4) Bread OR Bread Alternate (Whole grain or enriched bread, Whole grain or enriched cracker type product)	1/2 slice	1/2 slice	1 slice					