

**Child and Adult Care Food Program
Child Weekly Menu Planning Tool**

Facility/Center Name:		tHCCDC January 2024 Week 4							
Meal Type	Meal Component	Minimum Serving Sizes			Day of the Week				
		Ages 1-2	Ages 3-5	Ages 6-18	Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
BREAKFAST	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit ²	¼ cup	⅓ cup	½ cup	Peaches	Blueberries	100% Grape Juice	Applesauce	Mandarin Oranges
	Meat/Alternate ⁴	1 oz.	1-½ oz.	2 oz.				Cheese	Sausage & Gravy
	Grains ⁸⁻¹¹	½ slice ¼ cup dry ¼ cup cooked	½ slice ⅓ cup dry ¼ cup cooked	1 slice ¼ cup dry ¼ cup cooked	Raisin Bread	Bagels	Rice Crispies	WG Toast	WG Biscuits
LUNCH/SUPPER	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable ^{2,3}	⅓ cup	¼ cup	½ cup	Baked Beans	French Fries	Green Beans	Tater Tots	Corn
	Vegetable/Fruit ^{2,3}	⅓ cup	¼ cup	½ cup	Apples	Pineapple	Tropical Fruit	Peaches	Mixed Fruit
	Meat/Alternate ^{5,6}	1 oz.	1-½ oz.	2 oz.	BBQ Pork	Chicken Nuggets	Spaghetti & Meatballs	Mcrib Sandwiches	Cheese Pizza
	Grains ⁸⁻¹¹	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	WG Bun	Breading Of Nugget	WG Noodles	WG Bread	Crust Of Pizza
SNACK- CHOOSE 2	Fluid Milk ¹	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)	Water		Water		Water
	Vegetable ²	¼ cup	¼ cup	¼ cup					
	Fruit ²	¼ cup	¼ cup	¼ cup	Sugar Free Chocolate Pudding	100% Apple Juice	Stawberries	100% Cranberry Juice	
	Meat/Alternate ⁶	¼ oz.	¼ oz.	1 oz.			Cheese		Sugar Free Orange Jello Cups
	Grains ⁸⁻¹¹	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	Dino Crackers	Teddy Grahams		Wheat Thins	Graham Crackers