

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

Facility/Center Name:		HCCDC September Week 2							
Meal Type	Meal Component	Minimum Serving Sizes			Day of the Week				
		Ages 1-2	Ages 3-5	Ages 6-18	Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 09/14	Friday 9/15
<b>BREAKFAST</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit <sup>2</sup>	¼ cup	¼ cup	½ cup	Strawberry applesauce	Mixed Fruit	100% Cranberry Juice	Tropical Fruit	Spiced Apples
	Meat/Alternate <sup>4</sup>	1 oz.	1-½ oz.	2 oz.		Cheese			Sausage
	Grains <sup>8-11</sup>	½ slice ¼ cup dry ¼ cup cooked	½ slice ⅓ cup dry ¼ cup cooked	1 slice ¼ cup dry ¼ cup cooked	Waffles	Grits	Cornflakes	French Toast	Biscuits
<b>LUNCH/SUPPER</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable <sup>2,3</sup>	⅓ cup	¼ cup	½ cup	Tator tots	Baked Beans	Diced Carrots	Broccoli	Mashed Potatoes
	Vegetable/Fruit <sup>2,3</sup>	⅓ cup	¼ cup	½ cup	Oranges	Peaches	Pineapple	Pears	Mixed Fruit
	Meat/Alternate <sup>5, 6</sup>	1 oz.	1-½ oz.	2 oz.	Corn dogs	Chicken Patty	Sweet&Sour Meatballs	Ravioli	Fish Sticks
	Grains <sup>8-11</sup>	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving		WG Bun	WG Rice	WG Toast	Cornbread
<b>SNACK- CHOOSE 2</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)	Water		Water		Water
	Vegetable <sup>2</sup>	¼ cup	¼ cup	½ cup					
	Fruit <sup>2</sup>	¼ cup	¼ cup	½ cup		100% Apple Juice	Bananas	100% Grape Juice	
	Meat/Alternate <sup>6</sup>	¼ oz.	¼ oz.	1 oz.	Cheese				Peanut Butter
	Grains <sup>8-11</sup>	½ slice ¼ serving	½ slice ¼ serving	1 slice 1 serving	WG Crackers	Cheez-its	Pretzels	Goldfish	Graham Crackers

<sup>1</sup>Fluid Milk: **1 year old:** Unflavored whole milk; **2-5 years old:** unflavored skim (fat-free) or unflavored 1% (low-fat) milk; **6 years and older:** unflavored skim (fat-free) or 1% (low-fat) milk; **flavored** skim (fat-free) milk. **Breastmilk** may be served at any age in replacement of cow's milk without medical documentation. Approved non-dairy beverages may be served to children with special dietary needs with approved medical documentation.