

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

Facility/Center Name:		HCCDC November 2023 Week 3							
Meal Type	Meal Component	Minimum Serving Sizes			Day of the Week				
		Ages 1-2	Ages 3-5	Ages 6-18	Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
<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	½ cup	¾ cup	Tropical Fruit	Blueberries	100% Orange Juice	Mandarin Oranges	Spiced Apples
	Meat/Alternate <sup>4</sup>	1 oz.	1-½ oz.	2 oz.	Eggs				Chicken
	Grains <sup>8-11</sup>	½ slice ¼ cup dry ¼ cup cooked	½ slice ⅓ cup dry ½ cup cooked	1 slice ¼ cup dry ½ cup cooked	WG Toast	Oatmeal	Chex Mix Cereal	French Toast Sticks	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	Mashed Potatoes	Baked Beans	Sweet Potato Puffs	Green Beans	Corn
	Vegetable/Fruit <sup>2,3</sup>	⅓ cup	¼ cup	½ cup	Pears	Pineapple	Mixed Fruit	Applesauce	Peaches
	Meat/Alternate <sup>5,6</sup>	1 oz.	1-½ oz.	2 oz.	Meatballs & Gravy	Fish Nuggets	Pigs In A Blanket	Sausage Patties & Mac Cheese	Pepperoni Pizza
	Grains <sup>8-11</sup>	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	WG Roll	Breading Of The Nugget	WG Crackers	Cornbread	WG Crust
<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	½ cup	¾ cup			Ants On A Log		
	Fruit <sup>2</sup>	¼ cup	½ cup	¾ cup	Bananas	100% Grape Juice		100% Apple Juice	Plain Yougurt Bark
	Meat/Alternate <sup>6</sup>	½ oz.	½ oz.	1 oz.					
	Grains <sup>8-11</sup>	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	Cheerios	WG Cheezits	Pretzels	Animal Crackers	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. <sup>2</sup>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.