



## CHILD and ADULT CARE FOOD PROGRAM MEAL PATTERN FOR CHILDREN

Food Component	1 & 2 Years	3 - 5 Years	6 -12 Years
<b>BREAKFAST</b>			
Milk, fluid	1/2 Cup	3/4 Cup	1 Cup
Fruit or Vegetable	1/4 Cup	1/2 Cup	1/2 Cup
Bread/Bread Alternate *	1/2 Slice	1/2 Slice	1 Slice
<b>LUNCH or SUPPER</b>			
Milk, fluid:	1/2 Cup	$\frac{3}{4}$ Cup	1 Cup
Meat or Meat Alternate:	1 Ounce	1 $\frac{1}{2}$ Ounces	2 Ounces
Cheese	1 Ounce	1 $\frac{1}{2}$ Ounces	2 Ounces
Yogurt, plain or flavored, Unsweetened or Sweetened	1/2 Cup	3/4 Cup	1 Cup
Egg	1/2 Egg	3/4 Egg	1 Egg
Cooked Dry Beans/Peas	1/4 Cup	3/8 Cup	1/2 Cup
Cottage Cheese	1/4 Cup	3/8 Cup	1/2 Cup
Peanut Butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
Nuts and/or Seeds**	1/4 Cup	1/2 Cup	3/4 Cup
Vegetable/Fruit: Serve 2 or more separate and identifiable fruit/ vegetable dishes	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total
Bread/Bread Alternate:*	1/2 Slice	1/2 Slice	1 Slice
<b>SNACK - Select 2 of 4 Components</b>			
Milk, fluid:	1/2 Cup	3/4 Cup	1 Cup
100% Juice, Fruit or Vegetable:	1/2 Cup	1/2 Cup	3/4 Cup
Meat/Meat Alternate:**	1/2 Ounce	1/2 Ounce	1 Ounce
Bread/Bread Alternate:*	1/2 Slice	1/2 Slice	1 Slice

\*An acceptable serving of a bread alternate (cornbread, biscuits, muffins, etc.) is made of whole grain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole grain pasta product.

\*\*Not more than 1 ounce of nuts and or seeds may be used in any meal and may not contribute more than 50% of the total requirement of meat/meat alternate.

Bread Equivalents: These foods may be mixed/ matched to obtain the required bread equivalents		
Breads	1/2 Slice	1 Slice
Grains	1/4 Cup	1/2 Cup
Pasta	1/4 Cup	1/2 Cup
Cereal - DRY	1/3 Cup	3/4 Cup
Cereal - HOT	1/4 Cup	1/2 Cup

Meat Equivalents: These foods may be mixed/ matched to obtain the required meat equivalents		
Meat	1/2 Ounce	1 Ounce
Eggs	1/4 Egg	1/2 Egg
Peanut Butter	1 Tbsp	2 Tbsp.
Beans	1/8 Cup	1/4 Cup
Yogurt	1/4 Cup	1/2 Cup



## Making It Balance and Kickin' It Up A Cycle Menu for Maine Childcare

Spring 2008

This menu meets the CACFP meal standards for children ages 3-5 years old; and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children age 1-2 years. 1% milk or Skim is recommended for children age 2 and older. All bread and bread alternates must be made with enriched or whole grains. Frozen Fruit should be no sugar added. Canned fruit should be juice or water packed. The meals and snacks are numbered for day care home providers using the Minute Menu System.

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Whole Grain Banana Muffin /</li> <li>Applesauce</li> <li>Milk</li> </ul> <p style="text-align: right;">56</p>	<ul style="list-style-type: none"> <li>Yogurt/Fruit Parfait with Cereal /</li> <li>Milk</li> </ul> <p style="text-align: right;">57</p>	<ul style="list-style-type: none"> <li>Banana Crunch Pop C</li> <li>Graham cracker /</li> <li>Milk</li> </ul> <p style="text-align: right;">58</p>	<ul style="list-style-type: none"> <li>Oven French Toast /</li> <li>Canned fruit cocktail</li> <li>Milk</li> </ul> <p style="text-align: right;">81</p>	<ul style="list-style-type: none"> <li>High fiber cold cereal /</li> <li>Seasonal melon or orange slices</li> <li>Milk</li> </ul> <p style="text-align: right;">60</p>
<b>Lunch/Supper</b>	<ul style="list-style-type: none"> <li>Macaroni (I) &amp; Cheese with Ham /</li> <li>Frozen peas</li> <li>Orange slices</li> <li>Milk</li> </ul> <p style="text-align: right;">156</p>	<ul style="list-style-type: none"> <li>Porcupine Meatball / (recommend using brown rice and lean ground beef in recipe)</li> <li>Mashed potato</li> <li>Green beans</li> <li>Whole wheat dinner roll /</li> <li>Milk</li> </ul> <p style="text-align: right;">157</p>	<ul style="list-style-type: none"> <li>Corn Flake Baked Chicken Breasts /</li> <li>Brown rice pilaf /</li> <li>Steamed broccoli</li> <li>Canned peaches</li> <li>Milk</li> </ul> <p style="text-align: right;">158</p>	<ul style="list-style-type: none"> <li>PB (I) &amp; J sandwich on whole wheat bread /</li> <li>Low-fat mozzarella cheese stick</li> <li>Sunny Carrot Salad</li> <li>Apple slices</li> <li>Milk</li> </ul> <p style="text-align: right;">181</p>	<ul style="list-style-type: none"> <li>Baked Beans (I)</li> <li>Perfect Cornbread /</li> <li>Spinach Salad</li> <li>Canned apricots</li> <li>Milk</li> </ul> <p style="text-align: right;">168</p>
<b>Snack</b>	<ul style="list-style-type: none"> <li>Chex Mix I</li> <li>Strawberries (fresh in season or frozen)</li> </ul> <p style="text-align: right;">256</p>	<ul style="list-style-type: none"> <li>Apple slices</li> <li>Perfect Peanut Butter Dip /</li> </ul> <p style="text-align: right;">257</p>	<ul style="list-style-type: none"> <li>Tortilla chips /</li> <li>Black Bean Dip /</li> </ul> <p style="text-align: right;">258</p>	<ul style="list-style-type: none"> <li>Fruit (to provide ½ cup fruit)</li> <li>Animal crackers / (made with enriched flour)</li> </ul> <p style="text-align: right;">281</p>	<ul style="list-style-type: none"> <li>Mini bagel (I) with cream cheese</li> <li>100% Juice</li> </ul> <p style="text-align: right;">260</p>

Bold font indicates recipe provided.  
/ = Iron source; A = Vitamin A source; C = Vitamin C source