**Child** Meal Pattern Planning Worksheet

United States Department of Agriculture

Child and Adult Care Food Program

_____

Center Name

| Meal Components | |
|---|---|
| **Breakfast:** | |
| • milk, fluid[1] | 1 cup |
| • juice or fruit or vegetable | ½ cup |
| • bread or bread alternate | 1 slice |
| or cornbread, biscuits, rolls, muffins, etc. | 1 serving |
| including cereal cold, dry or | ¾ cup or 1 ounce |
| cereal hot, cooked | ½ cup |
| **Supplement (Snack)** (select 2 out of 4 components) | |
| • milk[1], fluid | 1 cup |
| • juice or fruit or vegetable | ¾ cup |
| • meat or meat alternate | 1 ounce |
| egg (large) | ½ |
| • bread or bread alternate | 1 slice |
| including cereal, cold, dry | ¾ cup or 1 ounce |
| or cereal hot, cooked | ½ cup |
| **Lunch or Supper** | |
| • milk[1], fluid | 1 cup |
| • meat or poultry or fish | 2 ounces |
| or egg (large) | 1 |
| or cheese | 2 ounces |
| or cooked, dried beans or peas | ½ cup |
| or peanut butter and other "butters" | 4 Tbsp. |
| nuts and seeds[2] | 1 ounce |
| or yogurt | 8 ounces |
| • vegetables and/or fruits[3] (2 or more total) | ¾ cup |
| • bread or bread alternate[4] | 1 serving or 1 slice |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Date:** | _____ | _____ | _____ | _____ | _____ |
| **PM SNACK (Choose at least 2)** | | | | | |
| Milk -Skim, 1% | | | | | |
| Bread/Bread Alternate | | | | | |
| Fruit/Vegetable | | | | | |
| Vegetable/Fruit | | | | | |
| Meat/Meat Alternate | | | | | |
| | | | | | |
| **DINNER** | | | | | |
| Milk -Skim, 1% | | | | | |
| Bread/Bread Alternate | | | | | |
| Fruit/Vegetable | | | | | |
| Vegetable/Fruit | | | | | |
| Meat/Meat Alternate | | | | | |

No credit is given for: Potato Chips, popcorn, cool-aid.

Ravioli does not have enough meat in it to count as a meat.  When you serve Ravioli, supplement the meal with two slices of cheese.

Canned Chicken Noodle Soup does not have enough meat or vegetables in it.  It counts as a bread only.

Commercially prepared Lasagna may not have enough meat/cheese in it to count as a meat.  If you serve it, you may need to supplement the meal with extra cheese.  If you do this, write HM next to the menu item to signify that it is "Home-made."

Keep and submit ALL receipts/invoices for food.