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| **FACILITY NAME: Child Care Resources – Sample Facility** | | | | **WEEK OF: Sample Monthly Cycle Menu - Week 3** | | |
| **MEAL PATTERN** | | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | |
| **BREAKFAST** | ***Serve all 3 components:***  Milk[[1]](#footnote-1)  Fruit/vegetable  Grain[[2]](#footnote-2) (or M/MA 3x/week) | Unflavored whole milk/unflavored 1% milk  Banana  Kix Cereal | Unflavored whole milk/unflavored 1% milk  Turkey sausage  Cantaloupe | Unflavored whole milk/unflavored 1% milk  Pancake  Apple slices | Unflavored whole milk/unflavored 1% milk  (WG) Muffin  Grapefruit slices | Unflavored whole milk/unflavored 1% milk  Waffles  Orange slices | |
| **AM SNACK**[[3]](#footnote-3) | ***Serve 2 components:***  Milk1  Fruit  Vegetable  Grain2  Meat/meat alternate | Not applicable | Not applicable | Not applicable | Not applicable | Not applicable | |
| **LUNCH** | ***Serve all 5 components:***  Milk1  Fruit  Vegetable  Grain2  Meat/meat alternate | Unflavored whole milk/unflavored 1% milk  Pears  Mixed vegetables  (WG) Noodles  Chicken | Unflavored whole milk/unflavored 1% milk  Fruit salad  Green beans  (WG) Roll  Meatballs | Unflavored whole milk/unflavored 1% milk  Mixed fruit  Mashed sweet potatoes  (WG) Sandwich bun  Turkey burger w/cheese | Unflavored whole milk/unflavored 1% milk  Pineapple  Peas and carrots medley  (WG) Macaroni noodles  Cheese (mac & cheese) | Unflavored whole milk/unflavored 1% milk  Peaches  Tossed salad  (WG) Bagel  Turkey pepperoni + cheese (pizza bagel) | |
| **PM SNACK[[4]](#footnote-4)3** | ***Serve 2 components:***  Milk1  Fruit  Vegetable  Grain2  Meat/meat alternate | String Cheese  100% Apple Juice | Sun Chips  100% Grape Juice | Cheeze-It Crackers  100% Orange Juice | Graham Crackers  100% Apple Juice | Cheese Sandwich Crackers  100% Apple Juice | |
| **SUPPER** | ***Serve all 5 components:***  Milk1  Fruit  Vegetable  Grain2  Meat/meat alternate | Unflavored whole milk/unflavored 1% milk  Fruit salad  Peas  (WG) Hot Dog Bun  Beef franks | Unflavored whole milk/unflavored 1% milk  Pineapple  Carrots  (WG) Noodles  Chicken | Unflavored whole milk/unflavored 1% milk  Peaches  Green beans  (WG) Roll)  Turkey meatload | Unflavored whole milk/unflavored 1% milk  Pears  Corn  (WG) Noodles  Ground Beef | Unflavored whole milk/unflavored 1% milk  Mixed fruit  Tomato soup  (WG) Bread  Cheese (grilled cheese sandwich) | |

**Fluid Milk**

* Must be unflavored whole milk for 1-year-old children. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored or flavored low-fat (1%) or unflavored or flavored fat-free (skim) milk for children 6 years old and older.

**Fruit and Vegetable Components (two separate components at lunch, supper, and snack)**

* Pasteurized, full-strength (100%) juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
* A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
* At breakfast where the fruit and vegetable components are combined, centers and homes may serve a fruit, a vegetable, or portions of both.

**Grain**

* At least one serving per day, across all eating occasions, must be whole grain-rich (WGR).
* Grain-based desserts do not count toward meeting the grains requirement.
* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sugar per 100 grams of dry cereal).
* For more information on crediting different types of grains, see USDA’s [Using Ounce Equivalents for Grains in the CACFP](https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp) and [Calculating Ounce Equivalents of Grains in the CACFP](https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp).

**Meat/Meat Alternate**

* Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week at breakfast only. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
* Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

**Minimum Required Portion Sizes**

* For the minimum required portion sizes for each age group, refer to the Child Meal Pattern documents in the Invitation for Bid.

1. Centers and day care homes must document the type of milk served, including the fat content (e.g., whole; low-fat/1%; or fat-free/skim) and if the milk is flavored or unflavored. [↑](#footnote-ref-1)
2. Centers and day care homes must document when a grain is whole grain-rich (WGR). This could be as simple as writing “WGR,” “whole wheat” or “WW” in front of an item (e.g., “WGR bread”). [↑](#footnote-ref-2)
3. Only one of the two components at snack may be a beverage. Centers or homes offering snack in the evening should write-in the evening snack service on the form. [↑](#footnote-ref-3)
4. [↑](#footnote-ref-4)