

FINAL REVISION TODDLER & PRESCHOOL MENU

PC & BOD APPROVED

WEEK 1	Monday	Serving Size			Tuesday	Serving Size			Wednesday	Serving Size			Thursday	Serving Size			Friday	Serving Size		
	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult
Breakfast	Mandarin Oranges (C)	¼ c chopped	½ c	½ c	Diced Peaches (A)	¼ c	½ c	½ c	Tropical Fruit (C)	¼ c chopped	½ c	½ c	Strawberries (C)	¼ c chopped	½ c	½ c	Blueberries (C)	¼ c chopped	½ c	½ c
	Pancakes	.6 oz	.6 oz	2.2 oz	Migas (Corn Tortillas)	.5 oz	.5 oz	1.8 oz	Oatmeal	¼ c	¼ c	1 c	Taco (Flour Tortilla)	.5 oz	.5 oz	1.8 oz	Cheerios	¼ c	1/3 c	1 ½ c
	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
	Syrup	1 Tbsp	2 Tbsp	2 Tbsp	Egg	1 oz	1.5 oz	1.5 oz	Toast with Butter	½ sl	½ sl	½ sl	Potato & Egg	1 oz	1.5 oz	1.5 oz	Toast with Butter	½ sl	½ sl	½ sl
Lunch																				
Protein / Meat Alternate	Baked Chicken Thighs	1 oz	1.5 oz	2 oz	Ground beef & Fideo	1 oz	1.5 oz	2 oz	Chicken & Brown Rice	1 oz 1/4c	1.5 oz ¼ c	2 oz 1 c	Steak Fingers	1 oz	1.5 oz	2 oz	Cheese Quesadilla	1 oz	1.5 oz	2 oz
Vegetable/ Salad	Zucchini	1/8 c cut into ¼"	¼ c	½ c	Lettuce & Tomato (C)	Peas & Carrots 1/8 c	¼ c	½ c	Green beans	1/8 c	¼ c	½ c	Sweet Potato Fries (A)	1/8 c	¼ c	½ c	Vegetable Soup w/ Navy Beans	1/8 c cut into ¼"	¼ c	½ c
Vegetable/ Fruit	Sliced Apples	1/8 c cut into ¼"	¼ c	½ c	Banana	1/8 c cut into ¼"	¼ c	½ c	Apricot Halves (A)	1/8 c cut into ¼"	¼ c	½ c	Watermelon	1/8 c cut into ¼"	¼ c	½ c	Fruit Cocktail	1/8 c cut into ¼"	¼ c	½ c
Grains/ Breads	Corn Tortilla	.5 oz	.5 oz	1.8 oz	WW Roll	.5 oz	.5 oz	1.8 oz	Flour Tortilla	.5 oz	.5 oz	1.8 oz	Buttered Noodles	¼ c	¼ c	1 c	(WW Flour Tortilla)	.5 oz	.5 oz	1.8 oz
	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
PM Snack																				
Cereals/ Grains/ Breads	Fig Newton	1.1 oz	1.1 oz	2.2 oz	Saltine Crackers	.4 oz	.4 oz	.7 oz	Crushed Graham Crackers	.5 oz	.9 oz	.9 oz	Gold fish Crackers	.4oz	.7oz	7oz	Mini Pancakes	4 each	4 each	8 each
Protein / Meat Alternate					String Cheese	.5 oz	.5 oz	1 oz	Vanilla Yogurt	2 oz	4 oz	4 oz								
Fruit /Veg/ Juice	Fruit Smoothie	½ c	½ c	½ c	Cucumber w/Ranch Dressing	½ c cut into ¼"	½ c	½ c	Berries Mix (C)	½ c	½ c	½ c	Fruit Juice (C)	½ c	½ c	½ c	Applesauce (C)	½ c	½ c	½ c
	Fluid Milk																Milk	4 oz	4 oz	8 oz

*Chef America French Toast Sticks = if you have a different brand check CN label for the product or ask your Nutrition Coordinator to get copy of product specifications.

*Tony's Bacon-Scramble Pizza = Follow the directions on the CN label for cutting and weight of each piece to meet the portion size required.

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS.

"THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

TMC PY 2010-11
FINAL REVISION TODDLER & PRESCHOOL MENU

PC & BOD APPROVED

WEEK 2	Monday	Serving Size			Tuesday	Serving Size			Wednesday	Serving Size			Thursday	Serving Size			Friday	Serving Size			
	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	
Breakfast	Cantaloupe (A,C)	¼ c	½ c	½ c	Watermelon (C)	¼ c cut ¼"	½ c	½ c	Strawberries (C)	1/4 c	½ c	½ c	Peaches (A)	¼ c cut ¼"	½ c	½ c	Pineapple Tidbits (C)	¼ c cut into ¼"	½ c	½ c	
	Cereals/ Grains/ Breads	Taco (Flour Tortilla)	.5 oz	.5 oz	1.8 oz	Biscuit & Gravy	.5 oz	.5 oz	1.8 oz	WW Toast	½ slice	½ slice	2 slices	Rice Chex	¼ c	1/3 c	1 ½ c	Waffle Sticks	.6 oz	.6 oz	2.2 oz
	Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
	Other Items	Bean and Cheese (F)	1 oz	1.5 oz	1.5 oz					Egg	1 oz	1.5 oz	1.5 oz	Toast with Butter	½ sl	½ sl	½ sl	Syrup	1 Tbsp	2 Tbsp	2 Tbsp
Lunch																					
	Protein / Meat Alternate	Chicken & Brown Rice	1 oz 1/4c	1.5 oz ¼ c	2 oz 1 c	Beef Stew with Fideo	1 oz	1.5 oz	2 oz	Chili w/ Beans	1 oz	1.5 oz	2 oz	Grilled Chicken Patty w/gravy	1 oz	1.5 oz	2 oz	Cheese Pizza	CN	CN	CN
	Vegetable / Salad	Green Beans	1/8 c	¼ c	½ c	Corn	Cream Corn 1/8 c	¼ c	½ c	Carrots	1/8 c cut into ¼"	¼ c	½ c	Tomato & Garbanzo Bean Salad w/Dressing	1/8 c cut into ¼"	¼ c	½ c	Lettuce & Tomato	Mixed Veggie 1/8 c cut into ¼"	¼ c	½ c
	Vegetable/ Fruit	Banana	1/8 c cut into ¼"	¼ c	½ c	Apricots (A)	1/8 c cut into ¼"	¼ c	½ c	Diced Pears	1/8 c cut into ¼"	¼ c	½ c	Applesauce	1/8 c cut into ¼"	¼ c	½ c	Seasonal Fruit	1/8 c	¼ c	½ c
	Grains/ Breads	WW Toast	.5 oz	.5 oz	1.8 oz	(Fideo)	1/4c	¼ c	1 c	Cornbread	.6 oz	.6 oz	2.2 oz	WW Bun	.5 oz	.5 oz	1.8 oz	(Pizza Crust)	CN	CN	CN
	Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
PM Snack																					
	Cereals/ Grains/ Breads	Vanilla Wafers	.6 oz	.6 oz	1.1 oz	Teddy Grahams	.5 oz	.9 oz	.9 oz									Cinnamon Sticks	.5 oz	.9 oz	.9 oz
	Protein / Meat Alternate									Cheese Stick	½ oz	½ oz	1 oz	Fruited Yogurt	2 oz	4 oz	4 oz				
	Fruit/Veg/ Juice	Berry Mix	½ c	½ c	½ c	Fruit Smoothie	½ c	½ c	½ c	Cucumbers with Salad Dressing	½ c	½ c	½ c	Strawberries	½ c	½ c	½ c	Juice	½ c	½ c	½ c
	Fluid Milk																				
	Other/Water	Ice Cream (extra)	2 oz	2 oz	2 oz													Pudding (extra)	2 oz	2 oz	2 oz

***Chef America Waffle Sticks = if you have a different brand check CN label for the product or ask your Nutrition Coordinator to get copy of product specifications.**

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS. "THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

TMC PY 2010-11
FINAL REVISION TODDLER & PRESCHOOL MENU

PC & BOD APPROVED

Week 3	Monday	Serving Size			Tuesday	Serving Size			Wednesday	Serving Size			Thursday	Serving Size			Friday	Serving Size		
Breakfast	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult	Menu Item	1-2 Yrs	3-5 Yrs	Adult
Fruit/Juice	Strawberries (C)	Cut ¼ c	½ c	½ c	Seasonal Fruit	Cut ¼ c	½ c	½ c	Apple Slices	¼ c	½ c	½ c	Mandarin Oranges (C)	Cut ¼ c	½ c	½ c	Peaches (A)	¼ c cut into 1/4'	½ c	½ c
Cereals/Grains/Breads	French Toast	1.1 oz	1.1 oz	4.4 oz	Taco (Flour Tortilla)	.5 oz	.5 oz	1.8 oz	Rice Chex	¼ c	1/3 c	1 ½ c	Migas (Corn Tortilla)	.5 oz	.5 oz	1.8 oz	Cream of Wheat	¼ c	1/4 c	1 c
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Other Items	w/ Syrup	1 Tbsp	2 Tbsp	2 Tbsp	Bean & Egg	1 oz	1.5 oz	1.5 oz	Cheese Toast	½ sl	½ sl	½ sl	Egg	1 oz	1.5 oz	1.5 oz	Toast with Jelly	½ sl	½ sl	½ sl
Lunch																				
Protein / Meat Alternate	Ground Beef	1 oz	1.5 oz	2 oz	Mini Chicken Burger	1 oz	1.5 oz	2 oz	Beef Stew	1 oz	1.5 oz	2 oz	Grilled Chicken Patty w/Gravy	1 oz	1.5 oz	2 oz	Cheese Enchilada Bake	1 oz	1.5 oz	2 oz
Vegetable/Salad	Peas & Carrots (A)	1/8 c cut into ¼"	¼ c	½ c	Potato Wedges	1/8 c	¼ c	½ c	Carrots (A)	1/8 c cut into ¼"	¼ c	½ c	Pinto Beans	1/8 c cut into ¼"	¼ c	½ c	Squash	1/8 c	¼ c	½ c
Vegetable/Fruit	Cantaloupe (A)	1/8 c cut into ¼"	¼ c	½ c	Watermelon	1/8 c cut into ¼"	¼ c	½ c	Orange Slices (C)	1/8 c cut into ¼"	¼ c	½ c	Fresh Seasonal Fruit	cut into ¼" 1/8 c	¼ c	½ c	Fruit Salad (C)	1/8 c cut into ¼"	¼ c	½ c
Grains/Breads	WW Pasta Shells	¼ c	¼ c	1 c	(Mini Bun)	.5 oz	.5 oz	1.8 oz	Brown Rice	¼ c	¼ c	1 c	W/W Bread	.5 oz	.5 oz	1.8 oz	(Corn Tortilla)	¼ c	¼ c	1 c
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
PM Snack																				
Cereals/Grains/Breads	WW Pretzel	.5 oz	.9oz	.9 oz	Animal Crackers	.5 oz	.9oz	.9 oz	Fig Newton	1.1 oz	1.1 oz	2.2 oz	Apple Frudel	CN	CN	CN	Peanut Butter & Jelly Sandwich	½ sandwich	½ sandwich	1 sandwich
Protein / Meat Alternate	w/ Cheese Sauce	2 oz	2 oz	2 oz													(Peanut Butter)	Cheese ½ oz		
Fruit/Veg/Juice	Apple Slices	½ c	½ c	½ c	Pineapple Juice (C)	½ c	½ c	½ c	Banana	1/8 c cut into ¼"	¼ c	½ c								
Fluid Milk									Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz	Milk	4 oz	4 oz	8 oz
Other/Water	Water																			

***Butterworth Pancakes = if you have a different brand then check CN label for the product or ask your Nutrition Coordinator to get copy of the product specifications.**

**Serve vegetables with low fat ranch dressing.*

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS.

"THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

TMC PY 2010-11
FINAL REVISION TODDLER & PRESCHOOL MENU

PC & BOD APPROVED

WEEK 4	Monday	Serving Size			Tuesday	Serving Size			Wednesday	Serving Size			Thursday	Serving Size			Friday	Serving Size		
Breakfast	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult
Fruit/Juice	Honey Dew (A)	¼ c	½ c	½ c	Seasonal Fruit (C)	¼ c	½ c	½ c	Pineapple tidbits (C)	¼ c	½ c	½ c	Peaches	¼ c cut to ¼"	½ c	½ c	Tropical Fruit	¼ c cut into ¼"	½ c	½ c
Cereals/ Grains/ Breads	WW Toast	½ slice	½ slice	2 slice s	Cheerios	¼ c	1/3 c	1 ½ c	English Muffin	.5 oz	.5 oz	.9 oz	Oatmeal	¼ c	1/4 c	1 c	Waffle Sticks	CN	CN	CN
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Other Items	Egg	1 oz	1.5 oz	1.5 oz	Cheese Toast	½ sl	½ sl	½ sl	(Canadian Bacon)	1 oz	1.5 oz	1.5 oz	Toast with Butter	½ sl	½ sl	½ sl	w/ Syrup	1 Tbsp	2 Tbsp	2 Tbsp
Lunch																				
Protein / Meat Alternate	Turkey Parmesan w/ Marinara Sauce	1 oz	1.5 oz	2 oz	Meat Loaf with Brown Gravey	1 oz	1.5 oz	2 oz	BBQ Chicken Thighs	1 oz	1.5 oz	2 oz	Hamburger	1 oz	1.5 oz	2 oz	Cheesy Macaroni	1 oz	1.5 oz	2 oz
Vegetable/ Salad	Carrots (A)	1/8 c	¼ c	½ c	Mashed Potatoes	1/8 c	¼ c	½ c	Cole Slaw	Mixed Vegetable s1/8 c cut into ¼"	¼ c	½ c	Potato Wedge	1/8 c cut into ¼"	¼ c	½ c	Peas & Carrots	1/8 c cut into ¼"	¼ c	½ c
Vegetable/ Fruit	Plums (A)	1/8 c cut into ¼"	¼ c	½ c	Broccoli (A)	1/8 c cut into ¼"	¼ c	½ c	Watermelon	1/8 c cut into ¼"	¼ c	½ c	Diced Pears w/Jell-o	1/8 c cut into ¼"	¼ c	½ c	Fresh Fruit	1/8 c cut into ¼"	¼ c	½ c
Grains/ Breads	WW Spaghetti WW Toast	¼ c .5 oz	¼ c .5 oz	1 c 1.8 oz	WW Roll	.5 oz	.5 oz	1.8 oz	Cornbread	.5 oz	.5 oz	1.8 oz	WW Bun	.5 oz	.5 oz	1.8 oz	(Elbow Pasta) WW Toast	¼ c .5 oz	¼ c .5 oz	1 c 1.8 oz
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
PM Snack																				
Cereals/ Grains/ Breads	Rice Pudding	¼ C	¼ C	½ C	Animal Crackers	.5 oz	.9 oz	.9 oz	Saltine Crackers	.4 oz	.4 oz	.7 oz	Cinnamon Teddy Grahams	.5 oz	.9oz	.9 oz	Blueberry Muffin	.9 oz	.9 oz	1.8 oz
Protein / Meat Alternate									String Cheese	.5 oz	.5 oz	1 oz								
Fruit/Veg/ Juice	Juice	½ c	½ c	½ c	Fruit Smoothie	½ c	½ c	½ c	Cucumber w/ Ranch Dressing	½ c cut into ¼"	½ c	½ c	Applesauce	½ c	½ c	½ c	Banana	½ c	½ c	½ c
Fluid Milk/Water																	Milk	4 oz	4 oz	8 oz
Other																				

***Chef America Waffle Sticks = if you have a different brand check CN label for the product or ask your Nutrition Coordinator to get copy of product specifications.**

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS. "THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

TMC PY 2010-11
FINAL REVISION TODDLER & PRESCHOOL MENU

PC & BOD APPROVED

	EMERGENCY			Serving Size			EMERGENCY			Serving Size			FIELD TRIP			Serving Size			FIELD TRIP			Serving Size		
Breakfast	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult	Menu Item	1 – 2 Yrs	3 – 5 Yrs	Adult
Fruit/Juice	Canned Fruit	¼ c	½ c	½ c	Canned Fruit	¼ c	½ c	½ c	Canned Fruit	¼ c	½ c	½ c	Canned Fruit	¼ c	½ c	½ c	Canned Fruit	¼ c	½ c	½ c	Canned Fruit	¼ c	½ c	½ c
Cereals/ Grains/ Breads	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Other Items	Toast with Butter	½ sl	½ sl	½ sl	Toast with Butter	½ sl	½ sl	½ sl	Toast with Butter	½ sl	½ sl	½ sl	Toast with Butter	½ sl	½ sl	½ sl	Toast with Butter	½ sl	½ sl	½ sl	Toast with Butter	½ sl	½ sl	½ sl
Lunch																								
Protein / Meat Alternate	Canned Meat	1 oz cut into ¼"	1.5 oz	2 oz	Canned Meat	1 oz cut into ¼"	1.5 oz	2 oz	Canned Meat	1 oz cut into ¼"	1.5 oz	2 oz	Sliced Ham	1 oz	1.5 oz	2 oz	Sliced Turkey	1 oz	1.5 oz	2 oz	Sliced Turkey	1 oz	1.5 oz	2 oz
Vegetable/ Salad	Canned Vegetable	1/8 c cut into ¼"	¼ c	½ c	Canned Vegetable	1/8 c cut into ¼"	¼ c	½ c	Canned Vegetable	1/8 c cut into ¼"	¼ c	½ c	Carrots sticks (A)	1/8 c cut ¼"	¼ c	½ c	Celery sticks	1/8 c cut i¼"	¼ c	½ c	Celery sticks	1/8 c cut i¼"	¼ c	½ c
Vegetable/ Fruit	Canned Fruit	1/8 c cut into ¼"	¼ c	½ c	Canned Fruit	1/8 c cut into ¼"	¼ c	½ c	Canned Fruit	1/8 c cut into ¼"	¼ c	½ c	*Fruit cup with Jell-o	1/8 c cut ¼"	¼ c	½ c	*Fruit cup with Jell-o	1/8 c cut i¼"	¼ c	½ c	*Fruit cup with Jell-o	1/8 c cut i¼"	¼ c	½ c
Grains/ Breads	W/W Bread	½ slice	1 slice	2 slices	W/W Bread	½ slice	1 slice	2 slices	W/W Bread	½ slices	1 slice	2 slices	W/W Bread w/o	½ sandwich	1 sandwich	1 sandwich	W/W Bread	½ sandwich	1 sandwich	1 sandwich	W/W Bread	½ sandwich	1 sandwich	1 sandwich
Fluid Milk	Reconstituted Milk**	4 oz	6 oz	8 oz	Reconstituted Milk**	4 oz	6 oz	8 oz	Reconstituted Milk**	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
PM Snack																								
Cereals/ Grains/ Breads	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz
Protein / Meat Alternate	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP	Peanut Butter	Cheese ½ oz	1 TBSP	1 TBSP
Fruit/Veg/ Juice	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c
Fluid Milk																								

* Jell-o has to be served with at least ½ cup of fruit. ** In an emergency use powdered milk reconstituted with safe drinking water.

^ Use the most recent version of Exhibit A to determine correct crackers/grain serving sizes.

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS.

"THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

	<i>Fall Festival</i>	<i>Serving Size</i>			<i>Summer Festival</i>	<i>Serving Size</i>			<i>Winter Festival</i>	<i>Serving Size</i>			<i>Spring Festival</i>	<i>Serving Size</i>			<i>End of Year Festival</i>	<i>Serving Size</i>		
Breakfast	<i>Menu Item</i>	<i>1-2 Yrs</i>	<i>3-5 Yrs</i>	<i>Adult</i>	<i>Menu Item</i>	<i>1-2 Yrs</i>	<i>3-5 Yrs</i>	<i>Adult</i>	<i>Menu Item</i>	<i>1-2 Yrs</i>	<i>3-5 Yrs</i>	<i>Adult</i>	<i>Menu Item</i>	<i>1-2 Yrs</i>	<i>3-5 Yrs</i>	<i>Adult</i>	<i>Menu Item</i>	<i>1-2 Yrs</i>	<i>3-5 Yrs</i>	<i>Adult</i>
Fruit/Juice	Canned Fruit	No skin ¼ c cut into ¼"	½ c	½ c	Canned Fruit	No skin ¼ c cut into ¼"	½ c	½ c	Canned Fruit	No skin ¼ c cut into ¼"	½ c	½ c	Canned Fruit	No skin ¼ c cut into ¼"	½ c	½ c	Canned Fruit	No skin ¼ c cut into ¼"	½ c	½ c
Cereals/ Grains/ Breads	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c	Cold Cereal	¼ c	1/3 c	1 ½ c
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Lunch																				
Protein / Meat Alternate	Roast Turkey	1 oz	1.5 oz	2 oz	Beef Brisket	1 oz	1.5 oz	2 oz	Tamales	1 oz	1.5 oz	2 oz	Chicken (Pollo Guisado)	1 oz	1.5 oz	2 oz	Chicken Fajitas	1 oz	1.5 oz	2 oz
Vegetable/ Salad	Sweet Potatoes (A)	1/8 c	¼ c	½ c	Carrot sticks	1/8 c	¼ c	½ c	Pinto Beans (F)	1/8 c	¼ c	½ c	Pinto Beans (F)	Chopped 1/8 c	¼ c	½ c	Black Beans (F)	1/8 c Cut 1/8	¼ c	½ c
Vegetable/ Fruit	Green Beans	1/8 c	¼ c	½ c	Watermelon (C)	1/8 c cut into ¼"	¼ c	½ c	Tropical Fruits	1/8 c cut into ¼"	¼ c	½ c	Fruits Cocktail	1/8 c cut into ¼"	¼ c	½ c	Watermelon	1/8 c	¼ c	½ c
Grains/ Breads	W/W Roll (F)	½ roll	½ roll	1 roll	Macaroni Salad	1/4c	½ c	1 c	Mexican Rice	¼ c	½ c	1c	Mexican rice	¼ c	½ c	1 c	Tortillas	1 ea	1 ea	2 ea
	Stuffing	1/8 c	1/8 c	.9 oz																
Fluid Milk	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz	Milk	4 oz	6 oz	8 oz
Other	Pumpkin Pie (A)	.6 oz	.6 oz	2.2 oz																
PM Snack																				
Cereals/ Grains/ Breads	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz	Crackers (.4 oz)	.4 oz	.4 oz	.7 oz
Protein / Meat Alternate																				
Fruit/Veg/ Juice	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c	Fruit Juice (c)	½ c	½ c	½ c
Fluid Milk																				

^Use the most recent version of Exhibit A to determine correct crackers/grain serving sizes.

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS. "THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."

	Soft Foods & Sack Lunch	Serving Size		Menu Item	Serving Size		Menu Item	Serving Size		Menu Item	Serving Size		Menu Item	Serving Size	
		1 – 2 Yrs	3 – 5 Yrs		1 – 2 Yrs	3 – 5 Yrs		1 – 2 Yrs	3 – 5 Yrs		1 – 2 Yrs	3 – 5 Yrs		1 – 2 Yrs	3 – 5 Yrs
Breakfast															
Fruit/Juice	Soft Cut Banana	¼ c cut into ¼"	½ c												
Cereals/Grains/Breads	Oatmeal	¼ c	¼ c												
Fluid Milk	Milk	4 oz	6 oz												
Other Items															
Lunch															
Protein / Meat Alternate	American Cheese	1 oz	1.5 oz												
Vegetable/Salad	Cooked Carrots (A)	1/8 c	¼ c												
Vegetable/Fruit	Diced Pears	1/8 c	¼ c												
Grains/Breads	No Crust Wheat Bread	½ sandwich	½ sandwich												
Fluid Milk	Milk	4 oz	6 oz												
PM Snack															
Cereals/Grains/Breads															
Protein / Meat Alternate	Non-Citrus Fruit Yogurt	½ c	½ c												
Fruit/Veg/Juice	Non-Citrus Juice (Grape)	4 oz	4 oz												
Fluid Milk															

NOTE: WATER MUST BE AVAILABLE TO CHILDREN AT EVERY MEAL/SNACK. CHILDREN AGES 12 TO 24 MONTHS ARE SERVED WHOLE MILK: AGES 25 MONTHS AND OLDER ARE SERVED LOW FAT MILK (1 OR 2%). FOODS LISTED IN THE "OTHER" CATEGORY MAY NOT BE A CREDITABLE FOOD ITEM FOR THE CACFP MEAL PATTERN; SHOW ALL OTHER FOOD ITEMS LISTED FOR THAT MEAL OR SNACK ON MEAL PRODUCTION RECORDS. "THE USDA AND THE STATE OF INDIANA, IOWA, NEVADA, NEW MEXICO, OHIO, OKLAHOMA AND TEXAS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS."