Name of Center - Helping Hands Christian Learning Center

**Michigan Department of Education
Child and Adult Care Food Program
Meal Pattern Child Menu Record**

Site/Room: Toddler, Preschool, Pre-K and School-age

Chef - Serita Street

Month: May   **Year:** 2025

Required Components:	Date: 5/5	Date: 5/6	Date: 5/7	Date: 5/8	Date: 5/9

Breakfast
1. Fluid Milk
2. Fruit, Vegetable
3. Grain/Bread or
   Meat/Meat Alternate*
   Other:
	Milk
	Chex
	Yogurt
	Pineapple
		Milk
		Pancakes
		Sausage Links
		Pears
			Milk
			Kix, Cheerios
			Bananas
				Milk
				Waffles
				Turkey
				Applesauce
					Milk
					Bagels
					Cream Cheese
					Peaches

AM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread					
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other:	Milk Chicken Nuggets French Fries Grean Beans WW Bread Applesauce	Milk Beef Stroganoff Corn WW Bread Peaches	Milk Chicken Pot Pie Broccoli Fruit Cocktail	Milk Macaroni & Cheese w/ham Peas & Carrots WW Bread Mandarin Oranges	Milk Sweet & Sour Meatballs Rice Pilaf Mixed Vegetables WW Bread Apricots
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Animal Crackers Orange Slices	Pretzels Cheese Sticks	Chex Mix Crasins	Popcorn Pizza Rolls	Goldfish Crackers Apple Slices

*Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains
 **Snack: Serve 2 of the five 5 food components
NOTE: Unflavored whole milk is required for children 12 through 23 months. Unflavored low fat (1 or ½ %) or skim (non-fat) is required for children age 2 through age 5. Milk served to children age 6 years and older and adults must be unflavored low fat (1 or ½ %) or skim (non-fat) or flavored low fat (1 or ½ %) or skim (non-fat)
Please note any substitutions made to menu
Please refer to the USDA CACFP Child Meal Pattern for required component minimum serving sizes for age range

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