

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: January Year: 2024

Required Components:	Date: 1/22	Date: 1/23	Date: 1/24	Date: 1/25	Date: 1/26
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Belvita Bars Yogurt Fruit Cocktail	Milk Waffles Tropical Fruit	Milk Cheerios, Chex Bananas	Milk English Muffin Cheese Sausage Patties Peaches	Milk Mixed Berry Muffins Applesauce
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 Sandwich W/Bun Tater Tots Green Beans Peaches	Milk Baked Ham Cheesy Potatoes Peas and Carrots WW Bread Pears	Milk Tuna Noddle Casserole Peas Dinner Rolls Pineapple	Milk Baked Chicken Mashed Potatoes Broccoli, Carrots, Cauliflower, WW Bread Mandarin Oranges	Milk Beef Stroganoff Noodles Glazed Carrots WW Bread Tropical Fruit
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Pretzel Sticks Cheese Sticks	Strawberries Cakes Apple Slices Cheese it Crackers	Popcorn Fruit Snacks *Animal Crackers	Beef Summer Sausage WW Crackers Cheese	Veggie Straws Fruit Cocktail

*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