

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: 2023

| Required Components: | Date: 1/23 | Date: 1/24 | Date: 1/25 | Date: 1/26 | Date: |
|---|---|---|--|---|---|
| Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other: | Milk Belvita Bars Cottage Cheese Pineapple | Milk Creamy Oatmeal Cinnamon Toast Pears | Milk WG Cheerios, Chex & Kix Banana | Milk Turkey Bacon WG Pancakes w/ Maple Syrup Tropical Fruit | Milk Assorted Bagels w/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 Fish Sticks Tator Tot Rounds Green Beans Peaches WW Bread | Milk Spaghetti & Meatballs Pasta Peas & Carrots Applesauce Dinner Roll | Milk Baked Ham Au Gratin Potatoes Broccoli Pineapple WW Bread | Milk Chicken Chili Corn Mandarin Oranges Dinner Rolls | Milk Hot Dog w/ Baked Beans Corn Honeydew & Cantaloupe Corn Muffins |
| PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread | Graham Crackers Fruit Cocktail | Milk Chocolate Brownie Popcorn | Pizza Rolls Marinara Sauce Pears | Tuna Salad WW Crackers Fruit Cocktail | Goldfish Crackers Cheese Sticks WW Crackers |

*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 1/2 %) 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 1/2 %) or skim (non-fat) or flavored low fat (1 or 1/2 %) 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