

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: November Year: 2022

Required Components:	Date: 11/21	Date: 11/22	Date: 11/23	Date: 11/24	Date: 11/25
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Fruit Cereal Bars Cottage Cheese Peaches	Milk Sausage & Cheese English Muffins Mandarin Oranges	Milk WG Cheerios, Chex & Kix Banana		
<b>AM Snack**</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread				Happy Thanksgiving	Center Closed
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other:	Milk Swedish Meatballs Buttered Noodles Green Beans Pears WW Bread	Milk *Tator Tot Casserole Peas and Carrots Pears WW Bread *Ground Beef & Tator Tots	Milk Cheese Pizza Cottage Cheese Broccoli, Cauliflower Carrots Pineapple		
<b>PM Snack**</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Teddy Graham Crackers Applesauce	Baked Pretzels Cheese Sauce Peaches	Chex Mix Raisins Graham 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