

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: 2025

| Required Components:                                                                                                            | Date: 11/10                                                                      | Date: 11/11                                                                              | Date: 11/12                                                             | Date: 11/13                                                      | Date: 11/14                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <b>Breakfast</b><br>1. Fluid Milk<br>2. Fruit, Vegetable<br>3. Grain/Bread or Meat/Meat Alternate*<br>Other:                    | Milk<br>Belvita Bars<br>Cottage Cheese<br>Peaches                                | Milk<br>English Muffins<br>Sausage<br>Cheese<br>Pears                                    | Milk<br>Kix, Cheerios<br>Bananas                                        | Milk<br>Waffles<br>Turkey Bacon<br>Pineapple                     | Milk<br>Mixed Berry Muffins<br>Applesauce                                        |
| <b>AM Snack**</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Vegetable<br>4. Fruit<br>5. Grain/Bread                   |                                                                                  |                                                                                          |                                                                         |                                                                  |                                                                                  |
| <b>Lunch</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Vegetable<br>4. Fruit or Vegetable<br>5. Grain/Bread<br>Other: | Milk<br>Fish Sticks<br>French Fries<br>Green Beans<br>Dinner Rolls<br>Applesauce | Milk<br>Beef Stroganoff<br>Noodles<br>Broccoli, Carrots<br>Cauliflower<br>Tropical Fruit | Milk<br>Chicken Salad<br>Sandwich<br>Vegetable Soup<br>Mandarin Oranges | Milk<br>Tuna Noodle<br>Casserole<br>Peas<br>WW Bread<br>Apricots | Milk<br>Hamburger w/bun<br>Tater Tots<br>Garden Salad<br>*Corn<br>Fruit Cocktail |
| <b>PM Snack**</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Vegetable<br>4. Fruit<br>5. Grain/Bread                   | Fruit Snacks<br>Goldfish Crackers                                                | Bread Sticks<br>Maranara Sauce<br>Popcorn                                                | Sun Chips<br>Apple Slices                                               | Crackers<br>Cheese Chunks                                        | Rasins<br>Animal Cracker:                                                        |

\*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