

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 20-22 Year: 2023

Required Components:	Date: 11/20	Date: 11/21	Date: 11/22	Date: 11/23	Date: 11/24
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Sausage Links Pancakes Peaches	Milk Bagels Cream Cheese Pears	Milk Cheerios, Kix Bananas	Closed	Closed
AM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread				Closed	Closed
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other:	Milk Spaghetti W/meatballs Corn WW Bread Tropical Fruit	Milk * Chicken Pot Pie * Peas & Carrots Biscuits Broccoli Mandarin Oranges	Milk Pizza Cottage Cheese Green Beans Fruit Cocktail	Closed	Closed
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Brownies Popcorn Applesauce	Rice Cakes Crasins Pears	Cheez- it Crackers Pineapple	Closed	Closed

*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