

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: June/July Year: 2022

Required Components:	Date: 6/27	Date: 6/28	Date: 6/29	Date: 6/30	Date: 7/1
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Assorted Bagels w/ Cream Cheese Pineapple	Milk Creamy Oatmeal Cinnamon Toast Peaches	Milk WG Cheerios, Chex & Kix Banana	Milk Smokey Links Waffles w Maple Syrup Pears	Milk Belvita Bars Yogurt Blueberries & Strawberries
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 Fingers Curly Fries Green Beans Mandarin Oranges Dinner Roll	Milk Beef Tacos WG Tortilla Lettuce, Tomato & Cheese Corn Tropical Fruit	Milk Chicken Chili Peas & Carrots Fruit Cocktail Corn Muffins	Milk HM Goulash Italian Green Beans Apple Slices Dinner Rolls *Beef, Pasta, Tomato	Milk Pepperoni/Cheese Pizza Broccoli Cottage Cheese Pineapple
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Rice Cakes Raisins Pears	Carrot Cake Applesauce	Vanilla Wafers Vanilla Pudding Craisins	Tortilla Chips Salsa Cheese Sticks *WW Cracker	Cheez - It Crackers Fruit Snacks Mandarin Oranges

*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