

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: October Year: 2025

Required Components:	Date: 10/6	Date: 10/7	Date: 10/8	Date: 10/9	Date: 10/10
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Cereal Bars Cottage Cheese Peaches	Milk French Toast Turkey Bacon Pears	Milk Kix, Cheerios Bananas	Milk Pancakes Sausage Links Applesauce	Milk Bagels Cream Cheese Fruit Cocktail
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 Tuna Noodle Casserole Broccoli Dinner Rolls Tropical Fruit	Milk Grilled Cheese Tomato Soup Mixed Vegetables Pineapple	Milk Chicken Spaghetti Peas & Carrots Dinner Rolls Mandarin Oranges	Milk Meatloaf Mashed Potatoes Green Beans WW Bread Fresh Melon	Milk Chicken Sandwich w/bun French Fries Garden Salad *Corn Jello w/fruit
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Graham Crackers Chocolate Pudding	Brownies Cheese It's Milk	Yogurt Parfait Chex Peaches	Summer Sausage Cheese Chunks Crackers	Veggie Chips Crisps

*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