

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: July Year: 2024

Required Components:	Date: 7/8	Date: 7/9	Date: 7/10	Date: 7/11	Date: 7/12
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Cheerios Tropical Fruit	Milk Bagels Cream Cheese Fruit Cocktail	Milk Kix, Chex Bananas	Milk pancakes Sausage Links Pears	Milk Mixed Berry Muffins Applesauce
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 Tater Tot Casserole Green Beans Dinner Rolls Peaches	Milk BBQ Pulled Pork Slider Buns Cole Slaw Curly Fries Watermelon	Milk Hotdog W/Bun Pasta Salad Peas & Carrots Pineapple	Milk Turkey Sandwich Pasta Salad Mixed Vegetables WW Bread Fresh Berris- Strawberry, Blueberries	Milk Fish Sticks French Fries Corn Tropical Fruit
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Fruit Snacks Cheeze Its	Summer Sausage Cheese Cubes Crackers	Chex Mix *Animal Crackers Peaches	Brownies Veggie Chips	Pretzels Cheese Sticks

*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