

Month _____ French City Child Care Center Inc. Weekly / Monthly Food Menu! Year: _____

| T y p e | Component | Minimum Serving | | | MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY | | | | | |
|------------------|---|--------------------------------|-------------------------------|-----------------------------|--|--|--|--|--|--|
| | | 1 & 2 years | 3 – 5 years | 6 – 12 years | | | | | | |
| Breakfast | | 1 & 2 years | 3 – 5 years | 6 – 12 years | Week One | | | | | |
| | Milk, fluid | ½ cup | ¾ cup | 1 cup | | | | | | |
| | Juice, fruit Or Vegetable | ¼ cup | ½ cup | ½ cup | | | | | | |
| | Grains / Bread, Dry Cereal | ½ slice ¼ cup or 1/3 cup | ½ slice 1/3 cup or ½ oz | 1 slice ¾ cup or 1 oz | | | | | | |
| Lunch or Supper | Meat or Meat alternate | 1 oz. | 1 ½ oz. | 2 oz. | Week Two | | | | | |
| | Grains/Bread Pasta / Noodles | ½ slice ¼ cup | ½ slice ¼ cup | 1 slice ½ cup | | | | | | |
| | Fruit and/or vegetable and/or juice (2 servings to total) | ¼ cup total | ½ cup total | ¾ cup total | | | | | | |
| | Milk, fluid | ½ cup | ¾ cup | 1 cup | | | | | | |
| Snack (select 2) | Milk, fluid | ½ cup | ½ cup | 1 cup | Week Three | | | | | |
| | Juice, fruit or vegetable | ½ cup | ½ cup | ¾ cup | | | | | | |
| | Grains/bread Dry Cereal | ½ slice ¼ cup | ½ slice 1/3 cup | 1 slice ¾ cup | | | | | | |
| | Meat or meat alternate | ½ oz. | ½ oz. | 1 oz. | | | | | | |
| | Milk, fluid | ½ cup | ½ cup | 1 cup | Week Four | | | | | |
| | Juice, fruit or vegetable | ½ cup | ½ cup | ¾ cup | | | | | | |
| | Grains/bread Dry Cereal | ½ slice ¼ cup | ½ slice 1/3 cup | 1 slice ¾ cup | | | | | | |
| | Meat or meat alternate | ½ oz. | ½ oz. | 1 oz. | | | | | | |
| | Milk, fluid | ½ cup | ½ cup | 1 cup | Week Five | | | | | |
| | Juice, fruit or vegetable | ½ cup | ½ cup | ¾ cup | | | | | | |
| | Grains/bread Dry Cereal | ½ slice ¼ cup | ½ slice 1/3 cup | 1 slice ¾ cup | | | | | | |
| | Meat or meat alternate | ½ oz. | ½ oz. | 1 oz. | | | | | | |

Milk And Juice Is Served With Every Breakfast, And Id Offered Throughout The Day!