

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	Week Two					
Lunch or Supper	Meat or Meat alternate	1 oz.	1 ½ oz.	2 oz.						
	Grains/Bread Pasta / Noodles	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Week Three					
	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	Week Four					
Snack (select 2)	Milk, fluid	½ cup	½ cup	1 cup						
	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	Week Five					
	Meat or meat alternate	½ oz.	½ oz.	1 oz.						

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