Weekly Menu for Children (5	5 Day – Week 1)
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Week of:	

## **Child Care Provider Name:**

Тур	Component	Minimum Coming			Date:	Date:	Date:	Date:	Date:
е	Component	Minimum Serving 1 - 2		Monday	Tuesday	Wednesday	Thursday	Friday	
		Years	Years	years		laccaay	Iroumooda,	linaroday	
Bre akf ast	Milk, Fluid, <b>Unflavored</b>	1/2 Cup	3/4 Cup	1 Cup					
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1/2 Cup					
	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
	Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup					
Lu	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
nc h	Breads/Grains/ Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
	Milk, Fluid, Unflavored	1/2 Cup	1/2 cup	1 Cup					
Sn	Vegetable	1/2 Cup	1/2 Cup	3/4 Cup					
ack (Se	Fruit or Juice	½ cup	½ cup	¾ cup					
lect 2)	Breads/Grains/Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
	Water First for T	hirst!			WATER	WATER	WATER	WATER	WATER

