



**CHILD AND ADULT CARE FOOD PROGRAM  
WEEKLY MENU PLANNER—CHILDREN 1 TO 12 YEARS**

Week of November 1-5

Year 2021

BAH CATERING AND PERSONALIZED SVCS, LLC

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12					
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup	1 cup	1% MILK	1% MILK	1% MILK	1% MILK	1% MILK
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Bran Cereal	100% Whole Grain Grits	English Muffin	Toasted Oats Cereal	Whole Wheat Waffles
Fruit or vegetable	¼ cup	¼ cup	½ cup	Apple Juice	Tropical Fruit	Applesauce	Fruit Cocktail	Hot Apples
<b>SNACK – 2 OF THE 5 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1,2</sup>	½ cup	½ cup	1 cup	1% MILK	1% MILK	1% MILK	1% MILK	
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	½ oz 2 Tbsp (1.1 oz) ½ 2 Tbsp 1 Tbsp ¼ cup	½ oz 2 Tbsp ½ 2 Tbsp 1 Tbsp ¼ cup	1 oz ½ cup (2.2 oz) ½ ½ cup 2 Tbsp ½ cup		Wheat Graham Crackers			
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Blueberry Muffin				Bran Muffin
Vegetable	½ cup	½ cup	¾ cup					
Fruit	½ cup	½ cup	¾ cup	Oranges			Bananas	100% Grape Juice
<b>LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED</b>								
Fluid Milk <sup>1</sup>	½ cup	¾ cup	1 cup	1% MILK	1% MILK	1% MILK	1% MILK	1% MILK
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	1 oz ¼ cup (2.2 oz) ½ ¼ cup 2 Tbsp ½ cup	1 ½ oz 3/8 cup ¾ 3/8 cup 3 Tbsp ¾ cup	2 oz ½ cup (4.4 oz) 1 ½ cup 4 Tbsp 1 cup	Baked Chicken Legs	Chicken Alfredo	Beef Meatballs in Gravy	Fish Squares	Ground Beef in Spaghetti Sauce with Cheese
Vegetable	1/8 cup (2 Tbsp)	¼ cup	½ cup	Diced Potatoes	Corn	String Beans	Broccoli	Caesar Salad
Different Vegetable or Fruit or 100% Juice	1/8 cup (2 Tbsp)	¼ cup	¼ cup	Mandarin Oranges	Sliced Apples	Pears	Peaches	Pineapples
Grain/bread/pasta/rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	100% Whole Wheat Bread	100% Whole Wheat Spaghetti Noodles	100% Whole Wheat Bread	100% Whole Wheat Bread	100% Whole Wheat Bread

<sup>1</sup>Children 12-24 months must receive whole milk; children age two and over must receive low-fat (1%) or fat-free (skim) milk.  
<sup>2</sup>Juice may not be served when milk is the only other component served at snack.

*This institution is an equal opportunity provider.*

Effective October 2017