

Week of November 15-19

Year 2021

BAH CATERING AND PERSONALIZED SVCS. LLC



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

| MEAL REQUIREMENTS | PORTION SIZES | | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|-------------------------|---------------------------|---------------------------|------------------------|------------------------|
| | Age 1-2 | Age 3-5 | Age 6-12 | | | | | |
| BREAKFAST—ALL 3 COMPONENTS REQUIRED | | | | | | | | |
| Fluid Milk ¹ | 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 | Kixx Cereal | Cheese Omelets | Corn Flake Cereal | Enriched Banana Muffin | Whole Wheat Pancakes |
| Fruit or vegetable | ¼ cup | ½ cup | ½ cup | 100% Grape Juice | Sliced Peaches | Applesauce | 100% Cranberry Juice | |
| SNACK – 2 OF THE 5 COMPONENTS REQUIRED | | | | | | | | |
| Fluid Milk ^{1,2} | ½ cup | ½ cup | 1 cup | | | 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 ¼ cup (2.2 oz) ½ ¼ cup 2 Tbsp | Cheese Sticks | | Low Fat Strawberry Yogurt | | |
| Grain/bread/cereal | ½ slice ¼ cup | ½ slice 1/3 cup | 1 slice ¾ cup | | Whole Wheat Teddy Grahams | | Cheezits Crackers | |
| Vegetable | ½ cup | ½ cup | ¾ cup | | | | | Carrot Sticks |
| Fruit | ½ cup | ½ cup | ¾ cup | Apple Slices | Pineapple Juice | | | |
| LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED | | | | | | | | |
| Fluid Milk ¹ | 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 | Chicken Legs Teryaki | Fish Sticks | Beef Chili | Diced Turkey | Tuna |
| Vegetable | 1/8 cup (2 Tbsp) | ¼ cup | ½ cup | Peas and Carrots | Au Gratin Potatoes | Cabbage | Corn | Cream Of Broccoli Soup |
| Different Vegetable or Fruit or 100% Juice | 1/8 cup (2 Tbsp) | ¼ cup | ¼ cup | Pears | Mandarin Oranges | Pineapples | Tropical Fruit | Watermelon |
| Grain/bread/pasta/rice | ½ slice ¼ cup | ½ slice ¼ cup | 1 slice ½ cup | 100% Whole Wheat Bread | 100% Whole Wheat Bread | Brown Rice | Corn Tortilla Shells | Whole Wheat Crackers |

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

This institution is an equal opportunity provider.