

Week of November 22-26

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	1/2 cup	3/4 cup	1 cup	1% MILK	1% MILK	1% MILK	1% MILK	1% MILK
Grain/bread/cereal	1/2 slice	1/2 slice	1 slice	Toasted Oats	Turkey Bacon	Corn Muffin	Rice Crispy Cereal	Wheat French Toast
Fruit or vegetable	1/4 cup	1/3 cup	1/2 cup	100% Cranberry Juice	Hash Browns	Fruit Cocktail	Bananas	Peach Slices
SNACK – 2 OF THE 5 COMPONENTS REQUIRED								
Fluid Milk ^{1,2}	1/2 cup	1/2 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	1/2 oz 2 Tbsp (1.1 oz) 1/2 2 Tbsp 1 Tbsp 1/4 cup	1/2 oz 2 Tbsp 1/2 2 Tbsp 1 Tbsp 1/4 cup	1 oz 1/2 cup (2.2 oz) 1/2 1/4 cup 2 Tbsp 1/2 cup			Cheese Cubes		
Grain/bread/cereal	1/4 slice	1/3 slice	1 slice	Animal Crackers	Wheat Chex Mix		Wheat Graham Crackers	
Vegetable	1/4 cup	1/3 cup	1/2 cup					
Fruit	1/2 cup	1/2 cup	3/4 cup			100% Apple Juice	Orange Juice	Raisins
LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED								
Fluid Milk ¹	1/2 cup	3/4 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 1/4 cup (2.2 oz) 1/2 1/4 cup 2 Tbsp 1/2 cup	1 1/2 oz 3/8 cup 3/4 3/8 cup 3 Tbsp 3/4 cup	2 oz 1/2 cup (4.4 oz) 1 1/2 cup 4 Tbsp 1 cup	Beef Ravioli	Sliced Turkey in Gravy	Turkey Meatballs in Gravy	Chicken Nuggets	Chicken Salad Sandwich
Vegetable	1/8 cup (2 Tbsp)	1/4 cup	1/2 cup	Spinach Salad	Collard Greens	Oven Roasted Potatoes	French Fries	Chkn. Veg. Soup
Different Vegetable or Fruit or 100% Juice	1/8 cup (2 Tbsp)	1/4 cup	1/4 cup	Pears	Sweet Potatoes	Pineapples	Honey Dew Chunks	Watermelon Chunks
Grain/bread/pasta/rice	1/2 slice	1/2 slice	1 slice	Ravioli Noodles	Stuffing	100% Whole Wheat Bread	100% Whole Wheat Bread	Whole Grain 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.