

Week of November 8-12

Year 2021

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

BAH CATERING AND PERSONALIZED SVCS, LLC



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	Shredded Wheat Cereal	100% Whole Grain Oatmeal	Rice Crispy Cereal	Wheat Bagel	Turkey Sausage
Fruit or vegetable	¼ cup	½ cup	½ cup	Oranges	Tropical Fruit	Apple Juice	Fruit Cocktail	Hash Browns
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 2.2 oz ½ ½ cup 2 Tbsp ¼ cup		Sun Chips		Hard Boiled Eggs	
Grain/bread/cereal	½ slice ½ cup	½ slice 1/3 cup	1 slice ¾ cup	Blueberry Muffin		Wheat Graham Crackers		
Vegetable	½ cup	½ cup	¾ cup					Celery Sticks
Fruit	½ cup	½ cup	¾ cup		Cranberry Juice		100% Grape 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 ¾ cup 3 Tbsp ¾ cup	2 oz ½ cup (4.4 oz) 1 ½ cup 4 Tbsp 1 cup	Ground Beef in Gravy	Meatloaf	Chicken Tenders	Baked Fish	Sliced Turkey and Cheese
Vegetable	1/8 cup (2 Tbsp)	¼ cup	½ cup	Tossed Salad	Mashed Potatoes	French Fries	Spinach	Potato Salad
Different Vegetable or Fruit or 100% Juice	1/8 cup (2 Tbsp)	¼ cup	¼ cup	Pears	Sliced Oranges	Pineapples	Mandarin Oranges	Bananas
Grain/bread/pasta/rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Brown Rice	100% Whole Wheat Bread	100% Whole Wheat Bread	100% Whole Wheat Bread	100% 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.