

# Child Menu - Child and Adult Care Food Program

Institution/Facility Name: **GBLV** MENU 1 \_\_\_\_\_

Agreement #: **9442** \_\_\_\_\_

Meal Type	Meal Component	Minimum Serving Sizes			Month/Year: Spring/2022			Week of: 4/4, 4/25, 5/16	
		Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit <sup>2</sup>	¼ cup	½ cup	½ cup	Strawberries	Raisins	Applesauce	Apple Juice	Peaches
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Waffles(WG)	Buttered Biscuits	Cheerios(WG)	Cinnamon Toast(WG)	Grits
	Meat/Alternate (Optional substitute for grains ≤3 x/week)	1/2 oz.	1/2 oz.	1 oz.					
<b>LUNCH/SUPPER</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable <sup>2</sup>	1/8 cup	¼ cup	½ cup	Corn	Tater Tots	Green Beans	Green Salad	Potato Wedge
	Vegetable/Fruit <sup>2</sup>	1/8 cup	¼ cup	¼ cup	Mandarin Oranges	Pears	Peaches	Mixed Fruit	Pineapple
	Meat/Alternate	1 oz.	1-½ oz.	2 oz.	Three Bean Chili	Sloppy Joes	Turkey and Cheese Slices	Sausage Pizza	Black Bean Patty
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Tortilla Chips(WG)	Bun(WG)	Soft Tortilla(WW)	Pizza Crust(WG)	Bun(WW)
<b>SNACK- CHOOSE 2</b>	Fluid Milk <sup>1</sup>	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)	Chilled Water	Chilled Water	Chilled Water	Chilled Water	Chilled Water
	Vegetable <sup>2</sup>	½ cup	½ cup	¾ cup					
	Fruit <sup>2</sup>	½ cup	½ cup	¾ cup	Juice		Apple Halves	Juice	Fresh Orange Slices
	Meat/Alternate	½ oz.	½ oz.	1 oz.		Red Pepper Hummus	Cheese Slice		
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Pretzels	Tortilla Chips(WG)		Goldfish	Vanilla Wafers

<sup>1</sup>**Fluid Milk: 1 year old:** Unflavored whole milk; **2-5 years old:** unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation. <sup>2</sup>**Juice**, if served, is pasteurized full-strength (100%) juice. <sup>3</sup> **WG, WW, and WGR** indicate whole grain-rich foods.