

Child Menu - Child and Adult Care Food Program

Institution/Facility Name: **GBLV MENU 3** _____

Agreement #: **9442** _____

Meal Type	Meal Component	Minimum Serving Sizes			Month/Year: SPRING 2022			Week of: 4/18, 5/9, 5/30	
		Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit ²	¼ cup	½ cup	½ cup	Strawberries	Raisins	Fruit Cocktail	Mandarin Oranges	Juice
	Grains ³	½ serving	½ serving	1 serving		Cheerios(WG)	Bagel(WG) w/ Jelly	Muffins	Buttered Biscuits
	Meat/Alternate (Optional substitute for grains ≤3 x/week)	1/2 oz.	1/2 oz.	1 oz.	Low Fat Yogurt				Turkey Sausage
LUNCH/SUPPER	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable ²	⅛ cup	¼ cup	½ cup	Tater Tots	Mixed Vegetables	Corn	Fresh Salad	Mashed Potatoes
	Vegetable/Fruit ²	⅛ cup	¼ cup	¼ cup	Peaches	Pineapple	Pears	Baked Apples	Mixed Fruit
	Meat/Alternate	1 oz.	1-½ oz.	2 oz.	Turkey and Cheese Slice	Red Pepper Hummus	Grilled Pimiento Cheese	Turkey Meatballs	Chicken Nuggets
	Grains ³	½ serving	½ serving	1 serving	Sandwich Bread	Bread Stick	Sandwiches(WG)	Spaghetti(WG) w/ Marinara Sauce	Crackers(WG)
SNACK- CHOOSE 2	Fluid Milk ¹	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 ²	½ cup	½ cup	¾ cup		Salsa	Carrot Sticks w/ Ranch		
	Fruit ²	½ cup	½ cup	¾ cup	Juice		Juice		Orange Slices
	Meat/Alternate	½ oz.	½ oz.	1 oz.		Tortilla Chips(WG)		Cheese Stick	
	Grains ³	½ serving	½ serving	1 serving	Vanilla Wafers			Bread Sticks(WG)	Pretzels

¹**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. ²**Juice**, if served, is pasteurized full-strength (100%) juice. ³ **WG, WW, and WGR** indicate whole grain-rich foods.