

# Child Menu - Child and Adult Care Food Program

Institution/Facility Name: **GBLV Menu 2** \_\_\_\_\_

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

Meal Type	Meal Component	Minimum Serving Sizes			Month/Year: Spring/2022			Week of: 4/11, 5/2, 5/23	
		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		Mandarin Oranges	Applesauce	Bananas	Cinnamon Apples
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Cheerios(WG)	Grits	Bagels(WG)	Muffins	Pancakes(WW)
	Meat/Alternate (Optional substitute for grains ≤3 x/week)	1/2 oz.	1/2 oz.	1 oz.	Low Fat Yogurt				
<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>	⅛ cup	¼ cup	½ cup	Green Beans	Fresh Salad	Carrot Sticks	Mixed Vegetables	Fresh Slaw
	Vegetable/Fruit <sup>2</sup>	⅛ cup	¼ cup	¼ cup	Applesauce	Pears	Mashed Potatoes with Gravy	Pineapple	Potato Wedge
	Meat/Alternate	1 oz.	1-½ oz.	2 oz.	BBQ Chicken	Cheese Sauce	Turkey Slices	Pinto Beans	Cheeseburger
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Crackers(WG)	Macaroni(WG)	Roll(WG)	Rainbow Brown Rice(WG)	Bun(WG)
<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	Banana	Juice			Raisins
	Meat/Alternate	½ oz.	½ oz.	1 oz.			Nacho Cheese	Pimiento Cheese	
	Grains <sup>3</sup>	½ serving	½ serving	1 serving	Graham Crackers	Goldfish(WG)	Bread Sticks(WG)	Butter Crackers(WG)	Cheerio Trail Mix(WG)

<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.