



Child Menu and Production Record : 3 through 5 years old

Name of Center: _____

Date _____

CACFP Meal Pattern for 3 through 5 years old	Menu	Estimated Number to be served	Amount: Food Purchased / Prepared	Adjustments									
<p><u>BREAKFAST</u> (3 components)</p> <ul style="list-style-type: none"> • Fluid Milk, 6 ounces • Fruit, Vegetables or portions of both, ½ cup • Grains: ½ slice, ½ serving biscuit, roll or muffin, ¼ cup cooked breakfast cereal, ready-to-eat breakfast cereal; ½ cup rounds or flakes, ¾ cups puffed cereal, or 1/8 cup granola 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px;">3-5 yrs</td> </tr> <tr> <td colspan="3" style="text-align: center; padding: 5px;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended </td> </tr> <tr> <td style="border-top: 1px solid black;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black;">Adults x2</td> </tr> </table>	1-2 yrs		3-5 yrs	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended			6-12 yrs.		Adults x2		
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6-12 yrs.		Adults x2											
<p><u>AM SNACK</u> (choose 2 different food components)</p> <ul style="list-style-type: none"> • Fluid Milk, 4 ounces • Meat or Meat Alternate, ½ ounce • Fruit, ½ cup • Vegetable, ½ cup • Grains, ½ slice, ½ serving biscuit roll or muffin, ¼ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px;">3-5 yrs</td> </tr> <tr> <td colspan="3" style="text-align: center; padding: 5px;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended </td> </tr> <tr> <td style="border-top: 1px solid black;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black;">Adults x2</td> </tr> </table>	1-2 yrs		3-5 yrs	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended			6-12 yrs.		Adults x2		
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6-12 yrs.		Adults x2											
<p><u>LUNCH</u> (5 components)</p> <ul style="list-style-type: none"> • Fluid Milk, 6 ounces • Meat or Meat Alternate, 1.5 ounce • Fruit, ¼ cup • Vegetable, ¼ cup • Grains, ½ slice or ¼ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px;">3-5 yrs</td> </tr> <tr> <td colspan="3" style="text-align: center; padding: 5px;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended </td> </tr> <tr> <td style="border-top: 1px solid black;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black;">Adults x2</td> </tr> </table>	1-2 yrs		3-5 yrs	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended			6-12 yrs.		Adults x2		
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<p><u>PM SNACK</u> (choose 2 different food components)</p> <ul style="list-style-type: none"> • Fluid Milk, 4 ounces • Meat or Meat Alternate, ½ ounce • Fruit, ½ cup • Vegetable, ½ cup • Grains, ½ slice, ½ serving biscuit roll or muffin, ¼ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px;">3-5 yrs</td> </tr> <tr> <td colspan="3" style="text-align: center; padding: 5px;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended </td> </tr> <tr> <td style="border-top: 1px solid black;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black;">Adults x2</td> </tr> </table>	1-2 yrs		3-5 yrs	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended			6-12 yrs.		Adults x2		
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<p><u>SUPPER</u> (5 components)</p> <ul style="list-style-type: none"> • Fluid Milk, 6 ounces • Meat or Meat Alternate, 1.5 ounce • Fruit, ¼ cup • Vegetable, ¼ cup • Grains, ½ slice or ¼ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px;">3-5 yrs</td> </tr> <tr> <td colspan="3" style="text-align: center; padding: 5px;"> <div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended </td> </tr> <tr> <td style="border-top: 1px solid black;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black;">Adults x2</td> </tr> </table>	1-2 yrs		3-5 yrs	<div style="border: 1px solid black; width: 60px; height: 20px; margin: 0 auto;"></div> Blended			6-12 yrs.		Adults x2		
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