



Child Menu and Production Record : 6 through 12 years old

Name of Center: _____

Date _____

CACFP Meal Pattern for 6 through 12 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, 8 ounces • Fruit, Vegetables or portions of both, ½ cup • Grains: 1 slice, 1 serving biscuit, roll or muffin, ½ cup cooked breakfast cereal, ready-to-eat breakfast cereal; 1 cup rounds or flakes, 1 ¼ cups puffed cereal, or ¼ cup granola 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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> </td> </tr> <tr> <td colspan="3" style="text-align: center;">Blended</td> </tr> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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>AM SNACK</u> (choose 2 different food components)</p> <ul style="list-style-type: none"> • Fluid Milk, 8 ounces • Meat or Meat Alternate, 1 ounce • Fruit, ¾ cup • Vegetable, ¾ cup • Grains, 1 slice, 1 serving biscuit roll or muffin, ½ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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> </td> </tr> <tr> <td colspan="3" style="text-align: center;">Blended</td> </tr> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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>LUNCH</u> (5 components)</p> <ul style="list-style-type: none"> • Fluid Milk, 8 ounces • Meat or Meat Alternate, 2 ounce • Fruit, ¼ cup • Vegetable, ½ cup • Grains, 1 slice or ½ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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> </td> </tr> <tr> <td colspan="3" style="text-align: center;">Blended</td> </tr> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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, 8 ounces • Meat or Meat Alternate, 1 ounce • Fruit, ¾ cup • Vegetable, ¾ cup • Grains, 1 slice, 1 serving biscuit roll or muffin, ½ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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> </td> </tr> <tr> <td colspan="3" style="text-align: center;">Blended</td> </tr> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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, 8 ounces • Meat or Meat Alternate, 2 ounce • Fruit, ¼ cup • Vegetable, ½ cup • Grains, 1 slice or ½ cup cooked pasta 		<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">1-2 yrs</td> <td style="width: 100px;"></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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> </td> </tr> <tr> <td colspan="3" style="text-align: center;">Blended</td> </tr> <tr> <td style="border-top: 1px solid black; width: 50px; text-align: center;">6-12 yrs.</td> <td></td> <td style="border-top: 1px solid black; width: 50px; text-align: center;">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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