Name of Center - Helping Hands Christian Learning Center

Michigan Department of Education
Child and Adult Care Food Program
Meal Pattern Child Menu Record

Site/Room: Toddler, Preschool, Pre-K and School-age   Chef - Serita Street

Month: January   **Year:** 2025

Required Components:	Date: 1/27	Date: 1/28	Date: 1/29	Date: 1/30	Date: 1/31
Breakfast 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Cereal Bars Yogurt	Milk Waffles Smokey Links Pears	Milk Kix, Cheerios Bananas	Milk Hashbrowns Sausage Links Peaches	Milk Bagels Cream Cheese Applesauce
AM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread					
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other:	Milk hotdog w/bun Baked Beans Corn Fruit Cocktail	Milk Scalloped Potatoes w/ham Peas & Carrots WW bread Pineapple	Milk Chicken Pot Pie Broccoli Apricots	Milk Ravioli w/meatballs Green Beans WW Bread Tropical Fruit	Milk Chicken Tenders French Fries Broccoli, carrots, cauliflower WW Bread Pears
PM Snack** 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Pretzels Cheese Sticks	Veggie Pizza Orange Slices	Veggie Chips Crasins	Beef Summer Sausage Cheese WW Crackers	Cheese it Crackers Fruit Cocktail

*Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains

 **Snack: Serve 2 of the five 5 food components

NOTE: Unflavored whole milk is required for children 12 through 23 months. Unflavored low fat (1 or ½ %) or skim (non-fat) is required for children age 2 through age 5. Milk served to children age 6 years and older and adults must be unflavored low fat (1 or ½ %) or skim (non-fat) or flavored low fat (1 or ½ %) or skim (non-fat)

Please note any substitutions made to menu

Please refer to the USDA CACFP Child Meal Pattern for required component minimum serving sizes for age range

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Rev. 1-2021