

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

New Mexico Child and Adult Care Food Program

Date: _____

Name of Person Completing Menu: _____

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 yrs	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST** 1. Milk, fluid(1%,Skim)*** 2. Vegetable, and/or fruit 3. Grains/Breads(Whole)* and/or Meat/Meat Alternate**	1.	1. 3/4 C	1. MILK (Circle): 1%, Skim		Children: Adults: TOTAL: _____	Children::
	2.	2. 1/2 C	2.			Adults:
	3.	3. 1/2 SV	3.			TOTAL:
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1/2 OZ				Adults:
	2 nd component	3. 1/2 C	2 nd			Adults:
		4. 1/2 C				TOTAL:
		5. 1/2 SV				TOTAL:
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 3/4 C	1. MILK (Circle): 1%, Skim		Children: Adults: TOTAL: _____	Children:
	2.	2. 1.5 OZ	2.			Adults:
	3.V	3. 1/4 C	3.V			Adults:
	4.F	4. 1/4 C	4.F			TOTAL:
	5.	5. 1/2 SV	5.			TOTAL:
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1/2 OZ				Adults:
	2 nd component	3. 1/2 C	2 nd			Adults:
		4. 1/2 C				TOTAL:
		5. 1/2 SV				TOTAL:
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 3/4 C	1. MILK (Circle): 1%, Skim		Children: Adults: TOTAL: _____	Children:
	2.	2. 1.5 OZ	2.			Adults:
	3.V	3. 1/4 C	3.V			Adults:
	4.F	4. 1/4 C	4.F			TOTAL:
	5.	5. 1/2 SV	5.			TOTAL:

Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/MA is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components; juice may not be served when milk is the only other component. *1% or Skim (Non-Fat) unflavored milk for to 2-5 year olds; Whole unflavored milk for 12-24 month olds