



Alaska Family Child Care Food Program Weekly Child Menu

Month/Year _____

Provider's Name _____

Child Serving Amounts			Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
UNDER 3	3 TO 5	6 TO 12	(B) Breakfast	Meal requirements: Must include all components.						
1/4 CUP	1/2 CUP	1/2 CUP	Fruit, Vegetable, Juice							
1/4 CUP or 1/2 Slice	1/3 CUP or 1/2 Slice	3/4 CUP or 1 Slice	Cereal, Bread or Alternate							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(M) Morning Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(L) Lunch	Meal requirements: Must include all components.						
1 Ounce	1 1/2 Ounce	2 Ounces	Meat/Meat Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate							
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable							
TOTAL	TOTAL	TOTAL	Fruit/Vegetable							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(A) Afternoon Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(S) Supper	Meal requirements: Must include all components.						
1 Ounce	1 1/2 Ounce	2 Ounces	Meat/Meat Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate							
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable							
TOTAL	TOTAL	TOTAL	Fruit/Vegetable							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(E) Evening Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							



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1/4 CUP or 1/2 Slice	1/3 CUP or 1/2 Slice	3/4 CUP or 1 Slice	Cereal, Bread or Alternate							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(M) Morning Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(L) Lunch	Meal requirements: Must include all components.						
1 Ounce	1 1/2 Ounce	2 Ounces	Meat/Meat Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate							
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable							
TOTAL	TOTAL	TOTAL	Fruit/Vegetable							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(A) Afternoon Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(S) Supper	Meal requirements: Must include all components.						
1 Ounce	1 1/2 Ounce	2 Ounces	Meat/Meat Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate							
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable							
TOTAL	TOTAL	TOTAL	Fruit/Vegetable							
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(E) Evening Snack	Meal requirements: Select 1 each from 2 different food groups.						
1/2 CUP	1/2 CUP	3/4 CUP	Fruit, Vegetable, Juice							
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							



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1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							
UNDER 3	3 TO 5	6 TO 12	(L) Lunch	Meal requirements: Must include all components.						
1 Ounce	1 1/2 Ounce	2 Ounces	Meat/Meat Alternate							
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate							
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable							
TOTAL	TOTAL	TOTAL	Fruit/Vegetable							
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UNDER 3	3 TO 5	6 TO 12	(S) Supper	Meal requirements: Must include all components.						
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UNDER 3	3 TO 5	6 TO 12	(E) Evening Snack	Meal requirements: Select 1 each from 2 different food groups.						
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1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate							
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UNDER 3	3 TO 5	6 TO 12	(L) Lunch	Meal requirements: Must include all components.						
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