



Alaska Family Child Care Food Program Weekly Child Menu

Month/Year

9-Jul

Provider's Name

Child Serving Amounts			Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3	4	5	6	7
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	Oranges	bananas	Apple Juice	Strawberries	Applesauce	Kiwi	Grapes
1/4 CUP or 1/2 Slice	1/3 CUP or 1/2 Slice	3/4 CUP or 1 Slice	Cereal, Bread or Alternate	Cheerios	Toast	Waffle	Pancakes	Bagel	Oatmeal	Cheerios
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	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		peanut			applesauce		
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate	Yogurt	butter	cheese	vanilla	ritz	ham	soft
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	Graham Cracker	Bagel	RS tortilla	wafers	crackers	saltines	pretzels
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk			chips	milk			apple juice
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	Turkey	Hot Dog	HM Hamberger	Cheese	Trident Fish	Chicken	Roast Beef
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate	Bread	Bun	Noodles	Bread	Sticks	Rice	Couscous
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable	Green Beans	French Fries	Corn	Carrots	Plums	Mash Potatoe	Potatoes
TOTAL	TOTAL	TOTAL	Fruit/Vegetable	Peaches	Apples	Grapes	Kiwi	Pineapple	Pears	side salad
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	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	Grapes		cottage	celery		gold fish	Cinnamon
1/2 Ounce	1/2 Ounce	1 Ounce	Meat or Alternate		cheese	cheese	raisins	chex Mix	crackers	Toast
1/2 Slice	1/2 Slice	1 Slice	Bread or Alternate	pretzels	Toast	peaches	p. butter	Orange juice	apple juice	
1/2 CUP	1/2 CUP	1 CUP	Fluid Milk							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	HM Pinto Beans	Egg Salad	FF Corn	Turkey	Chicken Strips	HM Cheese	Chicken
1/2 Slice	1/2 Slice	1 Slice	Bread/Alternate	Tortilla	Bread	Dogs	Rice	Noodles	Pizza Crust	Biscuit
1/4 CUP	1/2 CUP	1 CUP	Fruit/Vegetable	sliced tomatoes	side salad	Broccoli	Corn	Green Beans	side salad	Cold Slaw
TOTAL	TOTAL	TOTAL	Fruit/Vegetable	apple slices	mandarine orang	Pineapple	Asparagus	Collard Greens	oranges	Baked Beans
1/2 CUP	3/4 CUP	1 CUP	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	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							

DO NOT FORGET TO SIGN AND DATE THE BOTTOM LINE ON YOUR FORM, STATING ALL OF IT IS TRUE AND ACCURATE.