



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 SECTION FOR CHILD CARE REGULATION
SAMPLE WEEKLY MENU

| | | | | | |
|---|---------------|-----------------|------------------|-----------------|---------------|
| FACILITY NAME | | FACILITY NUMBER | | DATE | |
| MEALS AND SNACKS SHALL BE PLANNED ACCORDING TO THE MEAL AND SNACK CHART PROVIDED ON THE REVERSE SIDE OF THIS FORM. | | | | | |
| BREAKFAST OR A.M. SNACK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST REQUIREMENT 1 serving selected from each of the following: <ul style="list-style-type: none"> ▪ Fluid milk ▪ Juice or fruit or vegetable ▪ Bread or bread alternate <p style="text-align: center;">-OR-</p> A.M. SNACK REQUIREMENT Servings selected from 2 of the following: <ul style="list-style-type: none"> ▪ Fluid milk ▪ Juice or fruit or vegetable ▪ Meat or meat alternate ▪ Bread or bread alternate | | | | | |
| LUNCH / SUPPER | | | | | |
| LUNCH / SUPPER REQUIREMENT Servings selected from each of the following: <ul style="list-style-type: none"> ▪ 1 serving fluid milk ▪ 2 servings fruit and/or vegetable ▪ 1 serving meat or meat alternate ▪ 1 serving of bread or bread alternate | | | | | |
| P.M. SNACK | | | | | |
| P.M. SNACK REQUIREMENT Servings selected from 2 of the following: <ul style="list-style-type: none"> ▪ Fluid milk ▪ Juice or fruit or vegetable ▪ Meat or meat alternate ▪ Bread or bread alternate | | | | | |

| | FOOD COMPONENTS | AGE 1 AND 2 | AGE 3 THROUGH 5 | AGE 6 THROUGH 12 |
|--|--------------------------------|---------------|-----------------|------------------|
| BREAKFAST REQUIREMENT 1 serving selected from each of the following: <ul style="list-style-type: none"> ▪ Fluid milk ▪ Juice or fruit or vegetable ▪ Bread or bread alternate | FLUID MILK | ½ cup | ¾ cup | 1 cup |
| | JUICE ** OR FRUIT OR VEGETABLE | ¼ cup | ½ cup | ½ cup |
| | BREAD OR BREAD ALTERNATE * | ½ slice * | ½ slice * | 1 slice * |
| SNACK REQUIREMENT Servings selected from 2 of the following: <ul style="list-style-type: none"> ▪ Fluid milk ▪ Juice or fruit or vegetable ▪ Meat or meat alternate ▪ Bread or bread alternate | FLUID MILK | ½ cup | ½ cup | 1 cup |
| | JUICE** OR FRUIT OR VEGETABLE | ½ cup | ½ cup | ¾ cup |
| | MEAT OR MEAT ALTERNATE | ½ ounce | ½ ounce | 1 ounce |
| | BREAD OR BREAD ALTERNATE * | ½ slice * | ½ slice * | 1 slice * |
| LUNCH/SUPPER REQUIREMENT Servings selected from each of the following: <ul style="list-style-type: none"> ▪ 1 serving fluid milk ▪ 2 servings fruit and/or vegetable ▪ 1 serving meat or meat alternate ▪ 1 serving of bread or bread alternate | FLUID MILK | ½ cup | ¾ cup | 1 cup |
| | FRUIT/VEGETABLE | | | |
| | 1 Vegetable and 1 Fruit Or | | | |
| | 2 Different Vegetables Or | ¼ cup total | ½ cup total | ¾ cups total |
| | 2 Different Fruits | | | |
| | MEAT OR MEAT ALTERNATE | 1 ounce | 1 ½ ounces | 2 ounces |
| | Meat/ Poultry/Fish/Cheese Or | 1 | 1 | 1 |
| | Egg Or | ¼ cup | 3/8 cup | ½ cup |
| | Cooked Dry Beans/Peas Or | 2 tablespoons | 3 tablespoons | 4 tablespoons |
| | Peanut Butter | | | |
| BREAD OR BREAD ALTERNATE* | ½ slice * | ½ slice * | 1 slice * | |
| * Or an equivalent serving of an acceptable bread alternate such as corn bread, biscuits, rolls, muffins, cereal, rice, pasta, etc. ** All fruit juices shall be 100% fruit juice. | | | | |