CHILD CARE CHOICES

814 West Main St. • Tipp City, OH 45371 • (937) 667-1799 • (866) 667-4799

MENU PLAN

(I year or older)

OHIO CHILD CARE FOOD PROGRAM - WEEKLY MENU FORM FOR WEEK BEGINNING _____

PROVIDER SIGNATURE: _____ "I certify that (a) I followed USDA portion and meal pattern guidelines, (b) claimed meals served to children below age 13, (c) claimed meals for children living in my home only if enrolled nonresident children were also claimed for the same meal, (d) claimed no more than one snack and two meals or one meal and two snacks per child per day, (e) all children claimed were in attendance on the claim date. I understand that this information is being given in connection with receiving federal funds and that giving false statements may cause me to be prosecuted under state and federal criminal law."

DATE/DATE			SUN:	MON:	TUE:	WED:	THU:	FRI:	SAT:
Time:	Breakfast	MILK							
		JUICE/ FRUIT/VEG							
		BREAD OR CEREAL							
Time:	AM Snack	TWO FOOD ITEMS FROM							
		TWO FOOD GROUPS							
Time:	Lunch	MILK							
		MEAT/ALT							
		BREAD/ALT							
		FRUIT/VEG							
		FRUIT/VEG							
Time:	PM Snack	TWO FOOD ITEMS FROM							
		TWO FOOD GROUPS							
Time:	Supper	MILK							
		MEAT/ALT							
		BREAD/ALT							
		FRUIT/VEG							
		FRUIT/VEG							
Time:	EVE. Snack	TWO FOOD ITEMS FROM							
		TWO FOOD GROUPS							

List first and last name of each child

Age																			
Type																			
Day																			
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	Component	Minimum Serving		
		1 & 2 yrs	3-5 yrs	6-12 yrs
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup
	Juice, fruit or veg.	1/4 cup	1/2 cup	1/2 cup
	Grains/ Breads/ DryCereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slide 1/3 cup or 1/2 oz	1 slice 3/4 cup or 1 oz
Lunch / Supper	Meat or Meat alternate	1 oz	1 1/2 oz	2 oz.
	Grains/ Bread/ Pasta/ Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup
	Fruit and/or veg and/or juice (2 servings total)	1/4 cup total	1/2 cup total	3/4 cup total
	Milk, fluid	1/2 cup	3/4 cup	1 cup
Snacks (2 items)	Milk, fluid	1/2 cup	1/2 cup	1 cup
	Juice, fruit or vegetable	1/2 cup	1/2 cup	1 cup
	Grains/ Breads/ DryCereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup
	Meat or Meat alternate	1/2 oz	1/2 oz	1 oz