



# Child Care Food Program Menu

Date Menu From \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Division of Food and Nutrition Services • MONTGOMERY COUNTY PUBLIC SCHOOLS  
8401 Turkey Thicket Drive, Gaithersburg, Maryland 20879

**MCPS Form 240-55**  
**December 2016**

Check one if making cycle menus:  Fall/Winter (October 1–March) **OR**  Spring/Summer (April 1 - September) Cycle Menu # \_\_\_\_\_

**INSTRUCTIONS:** Return completed menus monthly with [MCPS Form 240-54, Monthly Invoice](#).

Provider Name \_\_\_\_\_ Vendor # \_\_\_\_\_ Phone Number \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Fluid Milk							
	Fruit, Vegetable <b>OR</b> 100% Juice							
	Grain * Indicate Whole Grain with WG							
	Meat/Meat Alternate **							
<b>AM SNACK</b>	<b>Choose two of these four</b>							
	Fluid Milk							
	Fruit <b>OR</b> Vegetable							
	Meat/Meat Alternate							
	Grain * Indicate Whole Grain with WG							
<b>LUNCH</b>	Fluid Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit <b>OR</b> Vegetable							
	Grain * Indicate Whole Grain with WG							
<b>PM SNACK</b>	<b>Choose two of these four</b>							
	Fluid Milk							
	Fruit <b>OR</b> Vegetable							
	Meat/Meat Alternate							
	Grain * Indicate Whole Grain with WG							
<b>SUPPER</b>	Fluid Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit <b>OR</b> Vegetable							
	Grain * Indicate Whole Grain with WG							

## Meal Pattern Guidelines for Children Ages 1–12 Years

		Ages 1–2	Ages 3–5	Ages 6–12
<b>BREAKFAST</b>	<b>Fluid Milk</b> Age 1 Whole Milk Only Ages 2–12 1% or Skim Milk	4 Fluid ounces (1/2 cup) Unflavored only	6 Fluid ounces (3/4 cup) Unflavored only	8 Fluid ounces (1 cup) Flavor allowed (skim milk)
	Fruit <b>OR</b> Vegetable <b>OR</b> 100% Juice	1/4 Cup	1/2 Cup	1/2 Cup
	Grains—WG* Bread <b>OR</b> WG* Bread alternate	1/2 Slice	1/2 Slice	1 Slice
	WG* or Enriched Bread Product (biscuit, roll, muffin)	1/2 Serving	1/2 Serving	1 Serving
	WG*, Enriched or Fortified Cooked Breakfast Cereal or Pasta	1/4 Cup	1/4 Cup	1/2 Cup
	Dry Cereal— <i>less than 6 grams of sugar per dry ounce*</i>	1/2 Cup	1/2 Cup	1 Cup
	Puffed Cereal*	3/4 Cup	3/4 Cup	1 1/4 Cup
	Granola* (No Bars)	1/8 Cup	1/8 Cup	1/4 Cup
	**Protein— <i>no more than 3 times per week in place of breakfast grain</i>	1 Ounce	1 Ounce	1 Ounce
<b>SNACK</b>	<b>Fluid Milk</b> Age 1 Whole Milk Only Ages 2–12 1% or Skim Milk	4 Fluid ounces (1/4 cup) Unflavored only	4 Fluid ounces (1/4 cup) Unflavored only	8 Fluid ounces (1 cup) Flavor allowed (skim milk)
	Fruit <b>OR</b> vegetable— <i>fresh, frozen, from a can, dried</i>	1/2 Cup	1/2 Cup	3/4 Cup
	Meat/meat alternate— <i>lean meat, poultry, fish, tofu, soy products</i>	1/2 Ounce	1/2 Ounce	1 Ounce
	Cheese	1/2 Ounce	1/2 Ounce	1 Ounce
	Large Egg	1/2 Egg	1/2 Egg	1/2 Egg
	Cooked Dry Beans <b>AND</b> Cooked Dry Peas	1/8 Cup	1/8 Cup	1/4 Cup
	Nut <b>OR</b> Seed Butters	1 Tbsp	1 Tbsp	2 Tbsp
	Peanuts, Soy Nuts, Tree Nuts <b>OR</b> Seeds	1/2 Ounce	1/2 Ounce	1 Ounce
	Yogurt ( <i>Less than 23 grams total sugar per 6 ounces</i> )	2 Ounces or 1/4 cup	2 Ounces or 1/4 cup	4 Ounces or 1/2 cup
	Grains—WG*, Enriched <b>OR</b> Fortified Bread	1/2 Slice	1/2 Slice	1 Slice
	WG* <b>OR</b> Enriched Bread Product (Biscuit, Roll, Muffin)	1/2 Serving	1/2 Serving	1 Serving
	WG*, Enriched <b>OR</b> Fortified Bread Alternate (Rice, Pasta)	1/4 Cup	1/4 Cup	1/2 Cup
	WG*, Enriched <b>OR</b> Fortified Puffed Cereal	3/4 Cup	3/4 Cup	1 1/4 Cup
	WG*, Enriched <b>OR</b> Fortified Flakes And Rounds Cereal	1/2 Cup	1/2 Cup	1 Cup
Granola (No Bars) WG* Bread Alternate *	1/8 Cup	1/8 Cup	1/4 Cup	
<b>LUNCH OR SUPPER</b>	<b>Fluid Milk</b> Age 1 Whole Milk Only Ages 2–12 1% or Skim Milk	4 Fluid ounces (1/2 cup) Unflavored only	6 Fluid ounces (3/4 cup) Unflavored only	8 Fluid ounces (1 cup) Flavor allowed (skim milk)
	Meat/meat alternate— <i>lean meat, poultry, fish, tofu, soy products</i>	1 Ounce	1 1/2 Ounce	2 Ounces
	Cheese	1 Ounce	1 1/2 Ounce	2 Ounces
	Large Egg	1/2 Egg	3/4 Egg	1 Egg
	Cooked Dry Beans <b>AND</b> Cooked Dry Peas	1/4 Cup	3/8 Cup	1/2 Cup
	Nut <b>OR</b> Seed Butters	2 Tbsp	3 Tbsp	4 Tbsp
	Peanuts, Soy Nuts, Tree Nuts <b>OR</b> Seeds— <i>Only 50% Meat Alt Credit Must be served with equivalent additional 50% Meat/Meat Alt</i>	1/2 Ounce = 50%	3/4 Ounce = 50%	1 Ounce = 50%
	Yogurt ( <i>Less than 23 grams total sugar per 6 ounces</i> )	4 Ounces or 1/2 cup	6 Ounces or 3/4 cup	8 Ounces or 1 cup
	Vegetables— <i>Fresh, Frozen, from a can, Dried</i>	1/8 Cup	1/4 Cup	1/2 Cup
	Fruit— <i>Fresh, Frozen, from a can, Dried</i>	1/8 Cup	1/4 Cup	1/4 Cup
	Grains—WG* Bread,* Enriched <b>OR</b> Fortified Bread	1/2 Slice	1/2 Slice	1 Slice
	WG*, Enriched <b>OR</b> Fortified Bread Alternate (Biscuit, Roll, Muffin)	1/2 Serving	1/2 Serving	1 Serving
	WG*, Enriched <b>OR</b> Fortified Pasta, Rice, Cereal Grain, Cooked Cereal	1/4 Cup	1/4 Cup	1/2 Cup

\*WG = whole grain, indicate whole grain using WG

\*\*Protein—no more than 3 times per week in place of breakfast grain