

Division of Food and Nutrition Services
 MONTGOMERY COUNTY PUBLIC SCHOOLS
 Rockville, Maryland 20850

CHILD CARE FOOD PROGRAM MENU

From ____/____/____ to ____/____/____

INSTRUCTIONS: Return monthly with MCPS Form 240-54: *Monthly Invoice – Child Care Food Program.*

Provider _____ Vendor # _____ Home Phone(____) _____ Cycle _____

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fluid milk							
	Fruit, vegetable or full strength juice							
	Cereal and/or bread equivalent							
	Additional food (optional)							
AM SNACK	Choose two of these four:							
	Fluid milk							
	Fruit, vegetable or full strength juice							
	Bread, cereal or equivalent							
LUNCH	Meat and/or alternate							
	Fluid milk							
	Meat and/or alternate							
	Vegetable, fruit or full strength juice							
	Vegetable or fruit							
PM SNACK	Bread or equivalent							
	Additional food (optional)							
	Fluid milk							
	Fruit, vegetable or full strength juice							
SUPPER	Bread, cereal or equivalent							
	Meat and/or alternate							
	Fluid milk							
	Vegetable, fruit or full strength juice							
	Vegetable or fruit							
	Bread or equivalent							
	Additional food (optional)							

FOODS FOR CHILDREN AGES 1 TO 12	AGES 1-2	AGES 3-5	AGES 6-12
BREAKFAST Milk Juice or Fruit or Vegetable Bread or Bread Alternate including cereal, cold dry or cereal, hot cooked	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ slice* $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce $\frac{1}{4}$ cup	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice* $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce $\frac{1}{4}$ cup	1 cup $\frac{1}{2}$ cup 1 slice* $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
SNACK (SUPPLEMENT) Select 2 out of the 4 components Milk Juice or Fruit or Vegetable Meat or Meat Alternate Bread or Bread Alternate including cereal, cold dry or cereal, hot cooked	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ slice* $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce $\frac{1}{4}$ cup	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ ounce $\frac{1}{2}$ slice* $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce $\frac{1}{4}$ cup	1 cup $\frac{3}{4}$ cup 1 ounce 1 slice* $\frac{3}{4}$ cup or 1 ounce $\frac{1}{2}$ cup
LUNCH OR SUPPER Milk Meat or Poultry or Fish or egg or cheese or cooked dry beans or peas or peanut butter or nuts and seeds Juice or Fruit or Vegetable (2 or more total) Bread or Bread Alternate	$\frac{1}{2}$ cup 1 ounce 1 1 ounce $\frac{1}{4}$ cup 2 tablespoons $\frac{1}{2}$ ounce = 50% $\frac{1}{4}$ cup $\frac{1}{2}$ slice*	$\frac{3}{4}$ cup $1\frac{1}{2}$ ounces 1 $1\frac{1}{2}$ ounces $\frac{3}{8}$ cup 3 tablespoons $\frac{3}{4}$ ounce = 50% $\frac{1}{2}$ cup $\frac{1}{2}$ slice*	1 cup 2 ounces 1 2 ounces $\frac{1}{2}$ cup 4 tablespoons 1 ounce = 50% $\frac{3}{4}$ cup 1 slice*

*or an equivalent serving of bread alternate such as a roll, biscuit, muffin, cooked enriched or whole grain rice, macaroni, noodles, or other pasta products.