



MENU PLANNER - CHILD CARE CENTER

The listed serving size is appropriate for children three (3) to five (5) years of age.

State Form 49955 (R4 / 4-22)

FSSA - MS02
 402 W. WASHINGTON ST., RM W362
 INDIANAPOLIS, IN 46204

Week	Name of center	Menus written by
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time:										
Fruit, Vegetable or Juice										
Cereal or Toast (grain)										
Milk										
A.M. Snack Time:										
* #1 Component										
* #2 Component										
Lunch Time:										
Meat, Fish, Poultry, Eggs, et cetera										
Vegetable / Fruit / Salad										
Vegetable / Fruit / Salad										
Bread, Rice, or Pasta (grain)										
Milk										
P.M. Snack Time:										
* #1 Component										
* #2 Component										

* Two (2) of the five (5) components (*bread, fruit or juice, dairy, vegetable, protein*) must be served for AM and PM snack.
 - If juice or milk is not one of the two (2) components, serve water.
 - Vitamin C source must be served at either AM or PM snack or lunch daily.
 - Two (2) Vitamin A sources must be served at lunch each week.
 - **Show modifications / substitutions for children under three (3) as needed.**



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