# Menu Planner - Child Care Center

The listed serving size is appropriate for children two (2) years of age and above.

**State Form 49955 (R3 / 2-15)**

## Breakfast
- Fruit or Juice
- Cereal or Toast
- Milk

**A.M. Snack**
- Time: ____________
- * #1 Component
- * #2 Component

## Lunch
- Time: ____________
- Meat, Fish, Poultry, Eggs, etc.
- Vegetable / Fruit / Salad
- Vegetable / Fruit / Salad
- Bread, Rice, or Pasta
- Milk

**P.M. Snack**
- Time: ____________
- * #1 Component
- * #2 Component

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* 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 for children under three (3) as needed.