

LOUISIANA FAMILY DAY CARE HOME FOOD PROGRAM
MENU RECORD
 AGES 1-12 and 13-18 YEARS

PROVIDER: _____

MONTH: _____ YEAR: _____

DIRECTIONS: Write Each Food Used to Meet the Meal Pattern Each Day

AGES 1-2	AGES 3-5	AGES 6-12 & 13-18	BREAKFAST	DATE:	DATE:	DATE:	DATE:
1/2 c 1/2 oz eq 1/4 c	3/4 c 1/2 oz eq 1/2 c	1 c 1 oz eq 1/2 c	MILK GRAIN/BREAD* FRUIT, VEGETABLE, OR BOTH MEAT OR MEAT ALTERNATE - (IN PLACE OF GRAIN NO MORE THAN 3 TIMES PER WEEK)				
			AM SNACK--(CHOOSE 2)				
1/2 c 1/2 oz eq 1/2 c 1/2 c 1/2 oz	1/2 c 1/2 oz eq 1/2 c 1/2 c 1/2 oz	1 c 1 oz eq 3/4 c 3/4 c 1 oz	MILK GRAIN/BREAD* VEGETABLE FRUIT MEAT OR MEAT ALTERNATE				
			LUNCH				
1/2 c 1/2 oz eq 1 oz 1/8 c 1/8 c	3/4 c 1/2 oz eq 1 1/2 oz 1/4 c 1/4 c	1 c 1 oz eq 2 oz 1/2 c 1/4 c	MILK GRAIN/BREAD* MEAT OR MEAT ALTERNATE VEGETABLE FRUIT				
			PM SNACK (CHOOSE 2)				
1/2 c 1/2 oz eq 1/2 c 1/2 c 1/2 oz	1/2 c 1/2 oz eq 1/2 c 1/2 c 1/2 oz	1 c 1 oz eq 3/4 c 3/4 c 1 oz	MILK GRAIN/BREAD* VEGETABLE FRUIT MEAT OR MEAT ALTERNATE				
			SUPPER				
1/2 c 1/2 oz eq 1 oz 1/8 c 1/8 c	3/4 c 1/2 oz eq 1 1/2 oz 1/4 c 1/4 c	1 c 1 oz eq 2 oz 1/2 c 1/4 c	MILK GRAIN/BREAD* MEAT OR MEAT ALTERNATE VEGETABLE FRUIT				

MILK:

Unflavored whole milk must be served to one year olds; unflavored low-fat or unflavored fat-free milk must be served to children ages 2-5; unflavored low-fat or unflavored fat-free or flavored fat-free milk must be served to children ages 6-12 and ages 13-18.

GRAINS/BREAD:

BREAKFAST/LUNCH/SUPPER/SNACKS: *Bread products such as biscuits, rolls, muffins: 1/2 oz eq ages 1-2; 1/2 oz eq ages 3-5; 1 oz eq ages 6-12 and 1 oz eq ages 13-18

*Cooked breakfast cereal, cereal grains, and/or pasta: 1/4 cup ages 1-2; 1/4 cup ages 3-5; 1/2 cup ages 6-12 and 1/2 cup ages 13-18

*Ready-to-eat breakfast cereal (dry, cold): **Flake or Round** 1/2 cup ages 1-2; 1/2 cup ages 3-5; 1 cup ages 6-12 and 1 cup ages 13-18. **Puffed Cereal** 3/4 cup ages 1-2; 3/4 cup ages 3-5; 1 1/4 cup ages 6-12; 1 1/4 cup ages 13-18 **Granola:** 1/8 cup ages 1-2; 1/8 cup ages 3-5; 1/4 cup ages 6-12; 1/4 cup ages 13-18

- At least 1 serving of grain per day across all eating occasions must be whole grain rich. Indicate this with "WG" next to the food item.
- Fruits and vegetables are separate components at lunch, supper and snack (may claim 2 different vegetables but not 2 fruits).
- Full strength juice may only be used to meet the vegetable or fruit component at one meal per day, including snack.
- **Meat/meat alternates may be used to substitute the entire grain component at breakfast a maximum of 3 times per week.** One ounce of meat/meat alternate is equal to one ounce of equivalent grains.
- Breads and grains must be made from whole-grain or enriched meal or flour.
- Cereal must be whole-grain or enriched or fortified. No more than 6 grams of sugar per dry ounce.