

LOUISIANA FAMILY DAY CARE HOME FOOD PROGRAM
MENU RECORD
ADULT MENU

PROVIDER: _____

MONTH: _____ YEAR: _____

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

	BREAKFAST	DATE:	DATE:	DATE:	DATE:	DATE:
1 c 2 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 c 1 oz eq* 1/2 c 1/2 c 1 oz	MILK GRAIN/BREAD FRUIT VEGETABLE MEAT OR MEAT ALTERNATE					
	LUNCH					
1 c 2 oz eq* 2 oz 1/2 c 1/2 c	MILK GRAIN/BREAD MEAT OR MEAT ALTERNATE FRUIT VEGETABLE					
	PM SNACK (CHOOSE 2)					
1 c 1 oz eq* 1/2 c 1/2 c 1 oz	MILK GRAIN/BREAD FRUIT VEGETABLE MEAT OR MEAT ALTERNATE					
	SUPPER					
1 c 2 oz eq* 2 oz 1/2 c 1/2 c	MILK GRAIN/BREAD MEAT OR MEAT ALTERNATE FRUIT VEGETABLE					

***GRAINS/BREAD:**

- BREAKFAST/LUNCH/SUPPER:** *Bread products such as biscuits, rolls, muffins: 2 oz eq
 *Cooked breakfast cereal, cereal grains, and/or pasta: 1 cup
 *Ready-to-eat breakfast cereal (dry/cold): Flake or rounds 2 cups, puffed cereal 2 ½ cups, granola ½ cup
SNACKS: *Bread products such as biscuits, rolls, muffins: 1 oz eq
 *Cooked breakfast cereal, cereal grains, and/or pasta: 1/2 cup
 * Ready-to-eat breakfast cereal (dry/cold): **Flake or rounds** 1 cup, **puffed cereal** 1 ¼ cup, **granola** ¼ cup

- 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.
- **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.
- 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).
- A serving of milk is not required at supper.
- 6 oz or 3/4 cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate at the same meal.
- Full-strength juice may only be used to meet the vegetable or fruit component at one meal per day, including snack.

NOTE: All serving sizes are minimum quantities of the food components that are required to be served.