

SUPPLEMENTAL DAY CARE HOME MENU BOOK

for

Child and Adult Care Food Program Participants



MISSISSIPPI
DEPARTMENT OF
EDUCATION

Ensuring a bright future for every child

OFFICE OF CHILD NUTRITION

Program Year 2022-2023

Jackson, Mississippi



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Child and Adult Care Food Program

MENU BOOK

for

Family Day Care Homes

**Mississippi Department of Education
Office of Child Nutrition**

Provider's Name

Sponsor

Sponsor's Telephone Number

USDA requires all records to be kept for a period of three years plus the current program year.

DAY CARE HOME MENU RECORDS INSTRUCTIONS

1. Follow the meal pattern established by the Child and Adult Care Food Program.
2. Immediately after the meal, record the foods you served.
3. If you make a mistake, do not erase it. Mark through the food with one line and indicate the substitute food. See example below:

B R E A K F A S T	Juice Fruit or Vegetable	Sliced Peaches
	Grain	French Toast
	Milk Fluid (Type)	Milk Fluid (Type)
	Other Foods	Syrup

4. Keep the menu book in the home. Do not remove from the home!

Provider's Participating Children

List all children, under the age of 13, who live in the home.

	<u>Name</u>	<u>Age</u>	<u>Date of Birth</u>
1.			
2.			
3.			
4.			
5.			

Are provider's own children home during the meal service? _____
 If yes, how many? _____

HOW TO PLAN MENUS

1. Set aside a definite time for menu planning.
2. Select a quiet place.
3. Collect all materials needed.
4. Prepare an inventory or list of foods on hand.
5. Review the previous menu used. Make notes as menus are used.
6. Consider use of seasonal and plentiful foods.
7. Be aware of current prices.
8. Follow the established meal pattern as shown in this menu book.
9. If menus are printed on another sheet, they are to be copied into the menu book.
10. Consider food costs, available equipment, the children's food preferences and nutritional needs.
11. Plan the menus by meal types:
 - A. Breakfast-complete in this order:
 - Juice or fruit or vegetable
 - Grain
 - Milk Fluid (Type)
 - Meat or meat alternate may be used to meet the grain/bread requirement a maximum of 3 times a week (One ounce of meat equals 1 oz. equivalent of grains.)
 - B. Lunches-complete in this order:
 - Meat or meat alternate
 - Vegetable
 - Vegetable or fruit
 - Grain
 - Milk Fluid (Type)
 - C. Snacks-plan and serve 2 items from the following:
 - Meat or meat alternate
 - Juice or fruit
 - Vegetable
 - Grain
 - Milk Fluid (Type)
12. Include a variety of foods and preparation methods. Include foods which are sources of vitamin A, vitamin C, and iron.
13. Evaluate menus.

		MONDAY	TUESDAY
B R E A K F A S T	Juice or Fruit or Vegetable	Sliced Bananas	Sliced Peaches
	Grain (Whole Grain must be served once daily)	Bran Flakes WG	Pancakes
	Milk Fluid (Type)	1% Milk Breastmilk	1%Milk
	Other Foods		
L U N C H	Meat or Meat Alternate	Meat Sauce	Turkey
	Vegetable	Carrot-Raisin Salad	Baked Beans
	Vegetable or Fruit	Spinach	Cole Slaw
	Grain (Whole Grain must be served once daily)	Pasta	Bread WG
	Milk Fluid (Type)	1% Milk Breastmilk	1% Milk
	Other Foods		
S N A C K	Select two of the four components: Meat/Meat Alternate Vegetable/Fruit Grain (Whole Grain must be served once daily) Milk Fluid (Type)	Tuna Crackers Water	Orange Half Crackers Water
S U P P E R	Meat or Meat Alternate		
	Vegetable		
	Vegetable or Fruit		
	Grain (Whole Grain must be served once daily)		
	Milk Fluid (Type)		
	Other Foods		

Week Beginning October 13, 2019

WEDNESDAY	THURSDAY	FRIDAY
Apple Sauce	Orange Slices	Grape Juice
French Toast WG	Oatmeal with Raisins	Biscuit
1% Milk	1% Milk	1% Milk
		Sausage
Swiss Steak Cubes	Baked Chicken	Red Beans (dried)
Mixed Vegetables	New Potatoes	Tossed Salad
Tomato Wedges	Green Beans	Peach Halves
Corn Bread	Hot Rolls WG	Brown Rice WG
1% Milk	1% Milk	1% Milk
Yogurt Strawberries Water	Bran Muffins 1% Milk	Cheese Crackers Water

Week Ending October 13, 2019

		MONDAY	TUESDAY
B R E A K F A S T	Juice or Fruit or Vegetable	Banana	Apple Sauce
	Grain (Whole Grain must be served once daily)	Whole Grain Toast	Biscuit
	Milk Fluid (Type)	1% Milk	1% Milk
	Other Foods		
L U N C H	Meat or Meat Alternate	Chicken Salad	Baked Chicken
	Vegetable	Lettuce and Tomato Slice	Potato Salad
	Vegetable or Fruit	Pineapple Tidbits	English Peas
	Grain (Whole Grain must be served once daily)	Crackers WG	Roll WG
	Milk Fluid (Type)	1% Milk	1% Milk
	Other Foods		
S N A C K	Select two of the four components: Meat/Meat Alternate Vegetable/Fruit Grain (Whole Grain must be served once daily) Milk Fluid (Type)	Cheese Cubes Apple Slices Water	Soft Pretzel Grape Juice
S U P P E R	Meat or Meat Alternate	Meat Loaf	Black Eyed Peas
	Vegetable	Irish Potatoes	Squash
	Vegetable or Fruit	Turnip Greens	Orange Wedges
	Grain (Whole Grain must be served once daily)	Corn Bread	Roll
	Milk Fluid (Type)	1% Milk	1% Milk
	Other Foods		

Week Beginning October 20, 2019

WEDNESDAY	THURSDAY	FRIDAY
Spaghetti w/ meat sauce	Hamburger Pattie	Turkey
Green beans	French Fries	Tomato Wedges
Corn	Apple	Pear Salad
Bread WG	Hamburger Bun WG	Bread WG
1% Milk	1% Milk	1% Milk
Tuna Crackers Water	Crackers WG Orange Sections Water	Oatmeal Milk
Bar-be-que Chicken	Beef Steak	Catfish Nuggets
Baked Beans	Spinach	Tator Tots
Cole Slaw	Fruit Cocktail	Carrot and Raisin Salad
Wheat Bread WG	Brown Rice	Wheat Bread
1% Milk	1% Milk	1% Milk

Week Ending **October 20, 2019**

		MONDAY	TUESDAY
B R E A K F A S T	Juice or Fruit or Vegetable		
	Grain (Whole Grain must be served once daily)		
	Milk Fluid (Type)		
	Other Foods		
L U N C H	Meat or Meat Alternate		
	Vegetable		
	Vegetable or Fruit		
	Grain (Whole Grain must be served once daily)		
	Milk Fluid (Type)		
	Other Foods		
S N A C K	Select two of the four components: Meat/Meat Alternate Vegetable/Fruit Grain Milk Fluid (Type)		
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	Vegetable or Fruit		
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	Other Foods		

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Week Beginning _____

