



Weekly Child's Menus

KARAMU PROVIDER NUMBER: _____

LITTLE SCRIBBLERS

COURTESY OF KARAMU PROVIDER 269, CLARKSVILLE, TN.

PROVIDER SIGNATURE: _____

CLAIM MONTH & YEAR: _____



Note: If you serve a meal or snack for which there is no pre-printed menu on this page, you must write in the food items served in the appropriate space below.

MEAL	MEAL PATTERN REQUIREMENTS				DATE	DATE	DATE	DATE	DATE
	FOOD GROUP/ ITEM	AGE 1-2	AGE 3-5	AGE 6-12					
BREAKFAST	FLUID MILK	1/2 CUP	3/4 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
	BREAD/ BREAD ALT. OR CEREAL (COLD)	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	1 SLICE 3/4 CUP	OATMEAL & TOAST	CHEERIOS	ENGLISH MUFFIN	GRITS & TOAST	RICE CRIPIES
	OR CEREAL (HOT)	1/4 CUP	1/4 CUP	1/2 CUP	PEARS	BANANA	PI NEAPPLES	PEACHES	BANANAS
	FRUIT/VEGETABLE	1/4 CUP	1/2 CUP	1/2 CUP					
AM SNACK	FLUID MILK	1/2 CUP	1/2 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE					
	FRUIT/VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP	APPLE SLICES	MELON WEDGES	ORANGE WEDGES	PEARS	KIWI
	SELECT 2 OF 4*	PROTEIN	1/2 OUNCE	1/2 OUNCE	1 OUNCE				
LUNCH	FLUID MILK	1/2 CUP	3/4 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
	PROTEIN	1 OUNCE	1 1/2 OUNCE	2 OUNCES	STEW MEAT	HOT DOGS (ALL MEAT)	GRILLED CHEESE	TURKEY HAM	TUNA HELPER
	FRUIT/VEGETABLE (1)	1/4 CUP	1/2 CUP	3/4 CUP	POTATOES & CARROTS	GREEN BEANS	BUTTERED PEAS	CORN	PEAS & CARROTS
		TOTAL	TOTAL	TOTAL	PEACHES	FRUIT COCKTAIL	PEARS	CHILLED APPLESAUCE	PI NEAPPLES
	FRUIT/VEGETABLE (2)				OYSTER CRACKERS	NOODLES	(BREAD)	WHEAT BREAD	NOODLES
BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE						
PM SNACK	FLUID MILK	1/2 CUP	1/2 CUP	1 CUP	MILK		MILK		MILK
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE	GRAHAM CRACKERS	ENGLISH MUFFIN	CHEESE CRACKERS	SOFT BREAD STICKS	SALTINE CRACKERS
	FRUIT/VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP		APPLE JUICE		ORANGE JUICE	
	SELECT 2 OF 4*	PROTEIN	1/2 OUNCE	1/2 OUNCE	1 OUNCE				
SUPPER	FLUID MILK	1/2 CUP	3/4 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
	PROTEIN	1 OUNCE	1 1/2 OUNCE	2 OUNCES	MEAT LOAF	FISH STICKS	STIR FRIED BEEF	TURKEY BREAST	SWEET & SOUR PORK
	FRUIT/VEGETABLE (1)	1/4 CUP	1/2 CUP	3/4 CUP	BLACK EYED PEAS	CORN	MIXED VEGETABLES	GREEN BEANS	YAMS
		TOTAL	TOTAL	TOTAL	SWEET POTATOES	LIMA BEANS	PEARS	CRANBERRY SAUCE	STEAMED BROCCOLI WITH CHEESE
	FRUIT/VEGETABLE (2)				MACARONI & CHEESE	GARLIC TOAST	RICE	CORN BREAD	CORNBREAD & RICE
BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE						
EVE SNACK	FLUID MILK	1/2 CUP	1/2 CUP	1 CUP					
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE					
	FRUIT/VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP					
	SELECT 2 OF 4*	PROTEIN	1/2 OUNCE	1/2 OUNCE	1 OUNCE				

* JUICE AND MILK MAY NOT BE USED TOGETHER TO MEET THE SNACK REQUIREMENT.

MEAL	REQUIREMENTS	DATE	DATE	DATE	DATE	DATE	DATE	DATE
	FOOD GROUP / ITEM							
BREAKFAST	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	BREAD/ BREAD ALT. OR CEREAL (COLD) OR CEREAL (HOT)	OATMEAL & TOAST	CHEERIOS	ENGLISH MUFFIN	GRI TS & TOAST	RICE CRIPIES	CINNAMON BISCUITS	WAFFLES
	FRUIT/VEGETABLE	PEARS	BANANA	PINEAPPLES	PEACHES	BANANAS	FRUIT COCKTAIL	APPLE SAUCE
AM SNACK SELECT 2 OF 4*	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	BREAD/BREAD ALT.							
	FRUIT/VEGETABLE	APPLE SLICES	MELON WEDGES	ORANGE WEDGES	PEARS	KIWI	APRICOTS	PINEAPPLE CHUNKS
	PROTEIN							
LUNCH	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	PROTEIN	STEW MEAT	HOT DOGS (ALL MEAT)	STIR FRIED CHICKEN	TURKEY HAM	TUNA HELPER	SAUTÉED CHICKEN BREAST	GRILLED CHEESE
	FRUIT/VEGETABLE (1)	POTATOES & CARROTS	GREEN BEANS	STEAMED BROCCOLI WITH CHEESE	CORN	PEAS & CARROTS	STIR FRY VEGETABLE	BUTTERED PEAS
	FRUIT/VEGETABLE (2)	PEACHES	FRUIT COCKTAIL	FRUIT SALAD	CHILLED APPLESAUCE	PINEAPPLES	MASHED POTATOES	PEARS
	BREAD/BREAD ALT.	OYSTER CRACKERS	NOODLES	BUTTERED BREAD	WHEAT BREAD	NOODLES	CHOW MIEN NOODLES	(BREAD)
PM SNACK SELECT 2 OF 4*	FLUID MILK	MILK		MILK		MILK		
	BREAD/BREAD ALT.	GRAHAM CRACKERS	ENGLISH MUFFIN	CHEESE CRACKERS	SOFT BREAD STICKS	SALTY CRACKERS	FLOUR TORTILLA	CINNAMON TOAST
	FRUIT/VEGETABLE		APPLE JUICE		ORANGE JUICE		APPLE JUICE	ORANGE JUICE
	PROTEIN						MELTED CHEESE	
SUPPER	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	PROTEIN	MEAT LOAF	FISH STICKS	STIR FRIED BEEF	TURKEY BREAST	SWEET & SOUR PORK	MEAT BALLS	LUNCHEON MEAT
	FRUIT/VEGETABLE (1)	BLACK EYED PEAS	CORN	MIXED VEGETABLES	GREEN BEANS	YAMS	GARDEN SALAD	LETTUCE & TOMATO
	FRUIT/VEGETABLE (2)	SWEET POTATOES	LIMA BEANS	PEARS	CRANBERRY SAUCE	STEAMED BROCCOLI WITH CHEESE	SWEET POTATOES	PICKLES
	BREAD/BREAD ALT.	MACARONI & CHEESE	GARLIC TOAST	RICE-A-RONI	CORN BREAD	CHEESE RICE	SPAGHETTI	WHEAT BREAD
EVE SNACK SELECT 2 OF 4*	FLUID MILK							
	BREAD/BREAD ALT.							
	FRUIT/VEGETABLE							
	PROTEIN							

*JUICE AND MILK MAY NOT BE USED TOGETHER TO MEET THE SNACK REQUIREMENT.