



Weekly Child's Menus

KARAMU PROVIDER NUMBER: \_\_\_\_\_

# Mr. JAMES' SUBSTITUTIONS

PROVIDER SIGNATURE: \_\_\_\_\_

THIS MENU COURTESY OF KARAMU PROVIDER 186, JACKSON TN.

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.	1/2 SLICE	1/2 SLICE	1 SLICE	CORN FLAKES	BISCUITS (with JELLY OR GRAVY)	RICE	PANCAKES	RAISIN BREAD
	OR CEREAL (COLD)	1/4 CUP	1/3 CUP	3/4 CUP					
	OR CEREAL (HOT)	1/4 CUP	1/4 CUP	1/2 CUP	APPLESAUCE	PEARS	PEACHES	APPLESAUCE	PEACHES
	FRUIT/VEGETABLE	1/4 CUP	1/2 CUP	1/2 CUP					
AM 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				
LUNCH	FLUID MILK	1/2 CUP	3/4 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
					CHICKEN WINGS	CHEESE BURGER	TURKEY HAM	FISH STICKS	GRILLED CHEESE SANDWICH
	PROTEIN	1 OUNCE	1 1/2 OUNCE	2 OUNCES					
	FRUIT/VEGETABLE (1)	1/4 CUP	1/2 CUP	3/4 CUP	SWEET PEAS	FRENCH FRIES	GREEN BEANS	CREAM STYLE CORN	FRENCH FRIES
	FRUIT/VEGETABLE (2)	TOTAL	TOTAL	TOTAL	APPLESAUCE	LETTUCE & TOMATOES	PINEAPPLES	FRENCH FRIES	FRUIT COCKTAIL
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE	BREAD	HAMBURGER BUN	BREAD	BUTTERED BREAD	WHEAT BREAD
PM SNACK	FLUID MILK	1/2 CUP	1/2 CUP	1 CUP					MILK
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE	VANILLA WAFERS	CRACKERS (SALTINE OR SPECIFY)	ANIMAL CRACKERS	GRAHAM CRACKERS	TOAST (WHITE OR WHEAT)
	FRUIT/VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP		BANANAS	APPLE JUICE	APPLE JUICE	
	SELECT 2 OF 4*	PROTEIN	1/2 OUNCE	1/2 OUNCE	1 OUNCE	CHEESE			CHEESE
SUPPER	FLUID MILK	1/2 CUP	3/4 CUP	1 CUP	MILK	MILK	MILK	MILK	MILK
					BAR B QUE CHICKEN	TURKEY	MEATBALLS (GROUND BEEF)	TURKEY HAM	FISH (BONELESS)
	PROTEIN	1 OUNCE	1 1/2 OUNCE	2 OUNCES					
	FRUIT/VEGETABLE (1)	1/4 CUP	1/2 CUP	3/4 CUP	LETTUCE & TOMATO	HASH BROWNS	CREAM STYLE CORN	COLE SLAW	SWEET POTATO
	FRUIT/VEGETABLE (2)	TOTAL	TOTAL	TOTAL	MASHED POTATO	PEACHES	NECTARINES	PEARS	CARROTS & PEAS
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE	CORN BREAD	ROLLS	SPAGHETTI	CORN BREAD	ROLLS
EVE SNACK	FLUID MILK	1/2 CUP	1/2 CUP	1 CUP			CHOCOLATE MILK		
	BREAD/BREAD ALT.	1/2 SLICE	1/2 SLICE	1 SLICE	CRACKERS (SALTINE OR SPECIFY)WITH JELLY	CRACKERS (SALTINE OR SPECIFY)	COOKIES (ENRICHED FLOUR)	CRACKERS (SALTINE OR SPECIFY)	TOAST
	FRUIT/VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP		BANANAS			
	SELECT 2 OF 4*	PROTEIN	1/2 OUNCE	1/2 OUNCE	1 OUNCE	PEANUT BUTTER		PEANUT BUTTER	MELTED CHEESE

\* 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)	FRENCH TOAST	RICE	BAGEL	GRITS	CORN FLAKES	CINNAMON ROLLS	TOASTER STRUDELS
	FRUIT/VEGETABLE	PEARS	PEACHES	FRUIT COCKTAIL	APPLE SAUCE	BANANA	KIWI	BANANA
AM SNACK SELECT 2 OF 4*	FLUID MILK							
	BREAD/BREAD ALT.							
	FRUIT/VEGETABLE							
	PROTEIN							
LUNCH	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	PROTEIN	TURKEY HAM	CHEESE BURGER	MEAT BALLS	SLOPPY JOE (GROUND BEEF)	CHICKEN	CHICKEN PATTIES	SALISBURY STEAK
	FRUIT/VEGETABLE (1)	FRUIT COCKTAIL	LETTUCE, TOMATO & PICKLES	GARDEN SALAD	PINEAPPLES	MIXED VEGETABLES	SCALLOPED POTATOES	APPLE SLICES
	FRUIT/VEGETABLE (2)	FRENCH FRIES	APPLESAUCE	PEARS	SCALLOPED POTATOES	FRUIT COCKTAIL	ORANGE SLICES	CORN
	BREAD/BREAD ALT.	BREAD	BUN	ROLLS	BUN	CORNBREAD	BUN	RICE
PM SNACK SELECT 2 OF 4*	FLUID MILK	MILK	CHOCOLATE MILK		MILK		MILK	
	BREAD/BREAD ALT.	BLUEBERRY MUFFIN	RICE	CINNAMON TOAST	BANANA BREAD	SPAGHETTI O'S	CORN MUFFINS	BREAD
	FRUIT/VEGETABLE			PINEAPPLE JUICE				
	PROTEIN					SLICED HOT DOGS		MELTED CHEESE
SUPPER	FLUID MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	PROTEIN	BAR B QUE BEEF	MEAT LOAF	FISH STICKS	TURKEY HAM	STEW MEAT	BAR B QUE PORK CHOPS	CHICKEN PATTIES
	FRUIT/VEGETABLE (1)	PINEAPPLE	CORN	LIMA BEANS	GREEN PEAS	PURPLE HULL PEAS	CORN	LETTUCE & TOMATOES
	FRUIT/VEGETABLE (2)	GREEN BEANS	APPLESAUCE	FRUIT COCKTAIL	CINNAMON APPLESauce	POTATOES & CARROTS	PEARS	TANGERINES
	BREAD/BREAD ALT.	DINNER ROLLS	CORN MUFFINS	MACARONI & CHEESE	WHEAT BREAD	BUTTER BREAD	RICE	BUN
EVE SNACK SELECT 2 OF 4*	FLUID MILK				MILK			
	BREAD/BREAD ALT.	TOAST	(BREAD)	GRAHAM CRACKER	BANANA BREAD	RAISIN BREAD	VANILLA WAFERS	SALTINE CRACKERS
	FRUIT/VEGETABLE			APPLE JUICE		PEACHES	PEACHES	FRUIT COCKTAIL
	PROTEIN	MELTED CHEESE	PEANUT BUTTER & JELLY					

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