

Crowley's Ridge Development Council, Inc.
P.O. Box 16720, Jonesboro, AR 72403
1-800-753-5827 / 1-866-491-1951(Fax)

Date _____

| Meal Pattern | Menu | Minimum Serving Size per Age Group | | | Size of Serving | No. to be Served | Food Items Used You must be specific when listing items. | Amounts Used | Number Served |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------------------|---------------------|--------------------|-----------------|------------------|-------------------------------------------------------------|--------------|---------------|
| | | 1-2 | 3-5 | 6-12 | | | | | |
| BREAKFAST 1. Fluid Milk 2. Vegetable, and/or Fruit or Full-Strength Juice 3. Bread or Bread Alternate *Cereal Cold dry or Hot cooked | | 1/2 cup (4 oz.) | 3/4 c. (6 oz.) | 1 c. (8oz.) | | | | | |
| | | 1/4 c. | 1/2 c. | 1/2 c. | | | 1. _____ | 1 - 2 _____ | |
| | | 1/2 slice (1/2 oz.) | 1/2 slice (1/2 oz.) | 1 slice (1oz.) | | | 2. _____ | 3 - 5 _____ | |
| | | *1/4 c. *1/4 c. | *1/3 c. *1/4 c. | *3/4 c. *1/2 c. | | | 3. _____ | 6 - 12 _____ | |
| LUNCH 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable and/or Fruit (2 or more to total amount) 4. Bread or Bread Alternate | | | | | | | 1. _____ | | |
| | | 1/2 c. (4 oz.) | 3/4 c. (6 oz.) | 1 c. (8oz.) | | | 2. _____ | 1 - 2 _____ | |
| | | 1 oz. | 1 1/2 oz. | 2 oz. | | | 3. _____ | 3 - 5 _____ | |
| | | 1/4 c. | 1/2 c. | 3/4 c. | | | 4. _____ | 6 - 12 _____ | |
| | | 1/2 slice (1/2 oz.) | 1/2 slice (1/2 oz.) | 1 slice (1 oz.) | | | 5. _____ | | |
| PM Snack* (supplement) 1. Fluid Milk 2. Meat/Meat Alternate 3. Vegetable and/or Fruit or Full-Strength Juice 4. Bread or Bread Alternate *Cereal Cold dry or Hot cooked | | 1/2 cup (4 oz.) | 1/2 c. (4 oz.) | 1 c. (8oz.) | | | | | |
| | | 1/2 oz. | 1/2 oz. | 1 oz. | | | 1. _____ | 1 - 2 _____ | |
| | | 1/2 c. | 1/2 c. | 3/4 c. | | | 2. _____ | 3 - 5 _____ | |
| | | 1/2 slice (1/2 oz.) | 1/2 slice (1/2 oz.) | 1 slice (1oz.) | | | | 6 - 12 _____ | |

*Snack (Supplement) - Select 2 of the 4 components. Juice may not be served when milk is served as the only other component.