

Sample Menu-Child Care Facility

	Breakfast	Lunch	Snack
Monday	Whole Wheat Toast with Melted Cheese *(optional) Melon Milk	Vegetable Quiche (Egg, Spinach & Tomato) Green Salad Biscuit Milk	Yogurt Peaches
Tuesday	Hot Oatmeal Applesauce and Blueberries Milk	Beef & Broccoli Rice Casserole Corn Milk	Apple Slices Cheese Cubes
Wednesday	Bran Flakes Oranges Milk	Bean & Barley Chili Cornbread Mashed Potatoes Apricots Milk	Hummus Carrots Pita Bread
Thursday	Pancakes Strawberries Yogurt *(optional) Milk	BBQ Baked Chicken Noodles Green Beans Cauliflower Milk	Tomato Soup Breadsticks
Friday	Muffin Banana Milk	Baked Fish Rice Peas Mandarin Oranges Milk	Hard Cooked Eggs Sliced Red Pepper

Breakfast must include:

- 1 Bread or Grain**
- 1 Fruit or Vegetable**
- 1 Fluid Milk**

Lunch/Dinner must include:

- 1 Meat or Alternate**
- 1 Bread or Grain**
- 2 Separate Fruits or Vegetables**
- 1 Fluid Milk**

Snack must include two of the

- four meal pattern groups:**
- 1 Meat or Alternate**
 - 1 Bread or Grain**
 - 1 Fruit or Vegetable**
 - 1 Fluid Milk**

*Refer to the Meal Pattern Chart for serving size information



Early Childhood Services Bureau
Child Adult Care Food Program
Toll Free: (888) 307-9333
Fax: (406) 444-2547
www.bestbeginnings.gov



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