Dates: from \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ Food Preparation Site \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Serving site \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Two of five components required for snack**

# (Serving sizes based on requirements for children 3 to 5 years)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Grains/Breads2**  ½ slice bread  ½ serving bread product  1/3 cup RTE cereal  ¼ cup cooked cereal, pasta or granola | **Fruit or Fruit Juice3**  (1/2 cup) | **Vegetables or Vegetable Juice3**  (1/2 cup) | **Meat or Meat Alternate4**  (.5 ounce) | **Milk5**  (4 ounces) | **Total Children Served** |
| **Menu** | **Record food items offered and total amount of food prepared for daily snacks** | | | | | |
| SAMPLE | Gold fish Crackers -  .18 oz Serving (14 pieces)  **14 servings** |  | Carrot Coins, 1/2 cup  **14 servings** |  |  | **12** |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |

1 CACFP Meal Pattern for 3-5 years. Use when age group served separately from older students.

2 At least one Grains serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains component requirement. Graham Crackers and Animal crackers are creditable as grains. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

3 Pasteurized, full-strength juice may not be served when milk is served as the only other component. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement one time per day across all eating occasions at each site.

4 Yogurt may be used as a meat/meat alternate-- 2 ounces or ¼ cup fulfills the equivalent of ½ ounce of meat/meat alternate. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

5 Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children two through five years of age.