

WORKSHEET FOR MEAL COUNTS & MENU ITEMS SEQUATCHIE VALLEY HEAD START

Date: _____

Center: _____

BREAKFAST:

Age Groups	# of Children Served
1 - 2 years	
3 - 5 years	
6 - 12 years	
Total Served	
Adults	

Required Food Items	Food Items & Qty Served
Milk (3/4 c. or 6 oz ea)	
Bread (1/2 sl) or Cereal (cold 1/3 c hot 1/4c)	
Fruit,vegetable or juice -- (1/2 cup or 4 oz)	

Note: You must have 1 milk, one bread or bread alternate(cereal) ar 1 fruit, vegetable or juice to meet requirements.

LUNCH:

Age Groups	# of Children Served
1 - 2 years	
3 - 5 years	
6 - 12 years	
Total Served	
Adults	

Required Food Items	Food Items & Qty Served
Milk (3/4 c. or 6 oz ea)	
Meat/meat substitute (1 1/2 oz meat)	
Fruit, vegetable or juice* (1/4 cup or 2 oz)	
Fruit, vegetable or juice* (1/4 cup or 2 oz)	
Bread (1/2 slice)	

*Note you can serve two vegetables - 1/4 cup ea or 1 vegetable & 1 fruit - 1/4 cup ea or either 1/2 c of 1 vegetable or 1/2 cup of 1 fruit)

SNACK/SUPPLEMENT:

Age Groups	# of Children Served
1 - 2 years	
3 - 5 years	
6 - 12 years	
Total Served	

Required Food Items	Food Items & Qty Served
(Any 2 of the following 4 ite	
Milk (1/2 cup or 4 oz)	
Meat/Meat Substitute 1/2 c	
Fruit,vegetable or juice 1/2c	
Bread 1/2 slice	