

# Menu Planning Template for the Child and Adult Care Food Program

	Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast					
<i>Grain/ MMA</i>					
<i>Fruit/ Vegetable</i>					
<i>Milk</i>					

Lunch					
<i>Meat/Meat Alternate</i>					
<i>Grain</i>					
<i>Vegetable</i>					
<i>Fruit/2<sup>nd</sup> Veg</i>					
<i>Milk</i>					

Snack					
<i>Select 2 components (grain, MMA, vegetable, fruit, milk)</i>					

*\*Did you remember to include at least **ONE** whole grain-rich food item each day?*