



BREAKFAST  Date Served	PLANNING SECTION						TOTAL NUMBER SERVED 1-2 years _____ 3-5 years _____ 6-12 years _____ Adults _____	
	FOOD ITEMS		Total Number Of Portions Needed ●	Market Unit (lbs, #10 can, gal., doz., etc.)	Servings Per Market Unit ●	Minimum Of Food Needed ●	Amount Of Food Prepared	Market Unit
REQUIRED COMPONENTS <b>3</b>	Age	Factor						
BREAD OR BREAD ALTERNATIVE	1-2 _____ X 1 = _____ 3-5 _____ X 1 = _____ 6-12 _____ X 2 = _____ and Adults		1/2 SLICES					
FRUIT OR VEGETABLE OR JUICE	1-2 _____ X 1 = _____ 3-5 _____ X 2 = _____ 6-12 _____ X 2 = _____ and Adults		1/4 CUPS					
FLUID MILK (part may be used on cereal)	1-2 _____ X 1 = _____ 3-5 _____ X 1.5 = _____ 6-12 _____ X 2 = _____ and Adults		1/2 CUPS					
	Whole 2%		gal.	32				
OTHER								
SNACK  Date Served	PLANNING SECTION						TOTAL NUMBER SERVED 1-2 years _____ 3-5 years _____ 6-12 years _____ Adults _____	
	REQUIRED COMPONENTS <b>2</b>	Age	Factor	Total Number of Portions Needed ●	Market Unit (lbs, #10 can, gal., doz., etc.)	Servings Per Market Unit ●	Minimum Amount of Food Needed ●	Amount of Food Prepared
BREAD OR BREAD ALTERNATIVE	1-2 _____ X 1 = _____ 3-5 _____ X 1 = _____ 6-12 _____ X 2 = _____ and Adults		1/2 SLICES					
FRUIT OR VEGETABLE OR JUICE	1-2 _____ X 2 = _____ 3-5 _____ X 2 = _____ 6-12 _____ X 3 = _____ and Adults		1/4 CUPS					
MEAT OR MEAT ALTERNATIVE	1-2 _____ X .5 = _____ 3-5 _____ X .5 = _____ 6-12 _____ X 1 = _____ and Adults		1 OZ.					
FLUID MILK (part may be used on cereal)	1-2 _____ X 1 = _____ 3-5 _____ X 1 = _____ 6-12 _____ X 2 = _____ and Adults		1/2 CUPS					
	Whole 2%		gal.	32				
OTHER								