

**Apple Core
Day Care Center**

Infant Name & Age required: _____

- Up to 4 months
- 4 up to 8 months
- 8 up to 12 months

- 1 up to 3 years
- 3 up to 6 years
- 6 up to 12 years

Adult Participants

***MENUS MUST BE DATED ***
PORTION SIZES NOT REQUIRED

**STATE OF NEW JERSEY - DEPARTMENT OF AGRICULTURE
Division of Food and Nutrition Services / Bureau of Child Nutrition Programs
CHILD AND ADULT CARE FOOD PROGRAM**

SAMPLE MENU

Meal Type	Required Components	Day 1		Day 2		Day 3		Day 4		Day 5	
		Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size
BREAKFAST	1. Juice, Fruit or Vegetable										
	2. Bread or Alternative										
	3. Milk										
<input type="checkbox"/> AM	1. Milk										
	2. Juice, Fruit or Vegetable										
	3. Bread or Alternative										
	4. Meat or Alternative										
<input type="checkbox"/> PM	1. Meat Alternative										
	2. Juice, Fruit or Vegetable										
	3. Fruit or Vegetable										
	4. Bread or Alternative										
<input type="checkbox"/> BOTH	5. Milk										