

LEAP Children's Center Food Program Preschool Menu

Phelps & W. Campus Sites



Meal	Component/ Requirement	Monday Food/Serving	Tuesday Food/Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/Serving
Breakfast	Milk ¾ cup					
	Fruit/Vegetable ½ cup					
	Grain/Meat* ½ oz eq					
Lunch	Milk ¾ cup					
	Fruit** ¼ cup					
	Vegetable ¼ cup					
	Grain ½ oz eq					
	Meat/Meat Alt. 1 ½ oz					
Snack	Milk ½ cup					
	Fruit ½ cup					
	Vegetable ½ cup					
	Grain ½ oz eq					
	Meat/Meat Alt. ½ oz					

Breakfast: 8:45 am Lunch: 11:45 pm Snack: 3:15 pm

Milk type per age: Unflavored 1% or Fat-Free Milk

Oz eq = Ounce Equivalents

Meat Alt. = Meat Alternative

Breakfast: Must include all 3 components: Fluid milk, vegetable/fruit or portion of both and grains.* Meat and meat alternative may be served in place of entire grain component at breakfast a maximum of three times per week.

Lunch: Must include all 5 components: Fluid Milk, Meat/meat alternative, Vegetable, fruit and a grain.** The fruit component at lunch may be substitute by a second vegetable.

PM Snack: Must include 2 of the following components: Milk, Fruit or Vegetable, Grain, Meat or Meat Alternative.

Substitutions may be necessary as availability of fruit/vegetables may change. Kitchen staff will write exact menu on their white boards AND on this hard copy.

The Children's Center receives reimbursement from the Child & Adult Care Food Program (CACFP). This program is available to all children regardless of race, color, national origin, age, sex or disability.

Revised: 05/26/2023

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