ARIZONA DEPARTMENT OF EDUCATION CHILD AND ADULT CARE FOOD PROGRAM MENU: PRODUCTION WORKSHEET

BREAKFAST

Date										
Number Planned For: Menu: Vegetable/Frui										
Ag	Ag	Age	Age	Age	Adults	Grains/Bread				
e 1	e 2	3 to 5	6 to 12	13 to 18		Meat/Meat Alternate				

Milk

Component Requirements	FOOD ITEMS AGE FACTOR	No. of Serving s	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS	1-2	½ C.	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
GRAINS/BREA DS (a Meat/Meat Alternate can be used 3 times per week in	1-2	1/2 oz eq	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
place of the grain) MEAT/MEAT ALTERNATE (can be used no more than 3 times per week	1-2	1oz eq	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
in place of the grain)					
FLUID MILK	1 x 1 = + 2 x 1 = + 3-5 x 2 = + 6-12 x 2 = + 12-18 x 2 = + Adult x 2 = = Whole (One Year Olds)	1/2 c.	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
	1% or Fat Free (2 to Adult)				

CHILD AND ADULT CARE FOOD PROGRAM MENU PRODUCTION WORKSHEET

LUNCH/SUPPER

Date	MENU:	MEAT/MEAT
Number Planned For:		ALTERNATE

Age	Age	Age	Age	Age	Adult	VEGETABLE
1	2	3 to 5	6 to 12	13 to 18		EDIUM VIECETARI E
						FRUIT or VEGETABLE
						an invamenting
						GRAINS/BREADS

MILK

Component Requirements	FOOD ITEMS Age Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
MEAT OR MEAT ALTERNATE	1-2x1 =+ 3-5x1.5 =+ 6-12x2 =+ 13-18x2 =+ Adultx2 =+	1 oz.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
VEGETABLE	1-2x1 =+ 3-5x2 =+ 6-12x4 =+ 13-18x4 =+ Adultx4 =+	1/8 cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up
FRUIT or VEGETABLE	1-2x1 =+ 3-5x2 =+ 6-12x2 =+ 13-18x2 =+ Adultx4 =+	1/8 cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up
GRAINS/ BREADS	1-2x1 =+ 3-5x1 =+ 6-12x2 =+ 13-18x2 =+ Adultx2 =+	½ oz eq.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
FLUID MILK	1x1 =+ 2x1 =+ 3-5x1.5 =+ 6-12x2 =+ 13-18x2 =+ Adultx2 =+ Whole (One Year olds) 1% or Fat Free (24 months to Adult)	½ cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up

NOTE: If using the 2015 Simplified Buying Guide for Fruits and Vegetable the single serving requirement is two times the amount of the current requirement. You must take the total requirement and divide by two to be in compliance.

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SNACKS – Choose any TWO of the FIVE Components for Each Snack

Evening

SNACK TYPE

PM

☐ AM

X 2 =

X 1 =

Adult

Totals

Number Planned For:											
							Menu				
Age 1	Age 2	Age 3 to 5	Age 6 to 12		Age 3 to 18	Adults					
Groups			Grain/Br d ½ oz e		Meat/Meat Alternate 1 oz.		Fruit ¼ cup	Vegetable ¼ cup	Milk 1/2 cup		
Age 1	_		X 1 =		X .5 =		X 2 =	X 2 =	X 1 =		
AGE 2			X 1 =		X .5 =		X 2 =	X 2 =	X 1 =		
Age 3-5 X 1 =			X 1 =		X .5 =		X 2 =	X 2 =	X 1 =		
Age 6-12 X 2 =					X 1 =		X 3 =	X 3 =	X 2 =		
Age 1	3 – 18		X 2 =		X 1 =		X 3 =	X 3 =	X 2 =		

Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase	Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase

X 2 =

X 2 =

X 2 =