

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

BREAKFAST

Date _____

Number Planned For:

Age 1	Age 2	Age 3 to 5	Age 6 to 12	Age 13 to 18	Adults

Menu: Vegetable/Fruit

Grains/Bread

Meat/Meat Alternate

Milk

Component Requirements	AGE	FOOD ITEMS FACTOR	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS	1-2	_____ x 1 = _____ +	1/4 c.	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
	3-5	_____ x 2 = _____ +				
	6-12	_____ x 2 = _____ +				
	12-18	_____ x 2 = _____ +				
	Adult	_____ x 2 = _____ =				
GRAINS/BREADS <i>(a Meat/Meat Alternate can be used 3 times per week in place of the grain)</i>	1-2	_____ x 1 = _____ +	1/2 oz eq	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
	3-5	_____ x 1 = _____ +				
	6-12	_____ x 2 = _____ +				
	12-18	_____ x 2 = _____ +				
	Adult	_____ x 2 = _____ =				
MEAT/MEAT ALTERNATE <i>(can be used no more than 3 times per week in place of the grain)</i>	1-2	_____ x 1 = _____ +	1oz eq	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
	3-5	_____ x 1 = _____ +				
	6-12	_____ x 2 = _____ +				
	12-18	_____ x 2 = _____ +				
	Adult	_____ x 2 = _____ =				
FLUID MILK	1	_____ x 1 = _____	1/2 c.	Obtain from Buying Guide	Obtain from Buying Guide	Round Up
	2	_____ x 1 = _____ +				
	3-5	_____ x 2 = _____ +				
	6-12	_____ x 2 = _____ +				
	12-18	_____ x 2 = _____ +				
	Adult	_____ x 2 = _____ =				
	Whole (One Year Olds)					
	1% or Fat Free (2 to Adult)					

CHILD AND ADULT CARE FOOD PROGRAM MENU PRODUCTION WORKSHEET

LUNCH/SUPPER

Date _____

Number Planned For:

Age 1	Age 2	Age 3 to 5	Age 6 to 12	Age 13 to 18	Adult

MENU: MEAT/MEAT
ALTERNATE

VEGETABLE

FRUIT or VEGETABLE

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
MEAT OR MEAT ALTERNATE	1-2	_____ x1 = _____ +				
	3-5	_____ x 1.5 = _____ +				
	6-12	_____ x 2 = _____ +				
	13-18	_____ x2 = _____ +				
	Adult	_____ x2 = _____ +	1 oz.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
VEGETABLE	1-2	_____ x1 = _____ +				
	3-5	_____ x 2 = _____ +				
	6-12	_____ x 4 = _____ +				
	13-18	_____ x4 = _____ +				
	Adult	_____ x4 = _____ +	1/8 cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up
FRUIT or VEGETABLE	1-2	_____ x1 = _____ +				
	3-5	_____ x 2 = _____ +				
	6-12	_____ x 2 = _____ +				
	13-18	_____ x2 = _____ +				
	Adult	_____ x4 = _____ +	1/8 cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up
GRAINS/ BREADS	1-2	_____ x1 = _____ +				
	3-5	_____ x 1 = _____ +				
	6-12	_____ x 2 = _____ +				
	13-18	_____ x2 = _____ +				
	Adult	_____ x2 = _____ +	½ oz eq.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
FLUID MILK	1	_____ x1 = _____ +				
	2	_____ x1 = _____ +				
	3-5	_____ x 1.5 = _____ +				
	6-12	_____ x 2 = _____ +				
	13-18	_____ x 2 = _____ +				
	Adult	_____ x 2 = _____ +	½ cup	Obtain from Buying Guide	Obtain from Buying Guide	Round up
	Whole (One Year olds)					
	1% or Fat Free (24 months to Adult)					

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.

[illegible]