

21-Day Cycle Menu Form

Child and Adult Care Food Program

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>Day 1 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 2 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 3 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 4 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 5 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 1 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 2 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 3 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 4 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 5 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 1 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 2 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 3 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 4 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 5 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> |

M/MA: Meat/Meat Alternate

F/V: Fruit/Vegetable

G/B: Grain/Bread

Other: Additional items served but not necessary to meet meal pattern requirements

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|---|---|---|---|--|
| <p>Day 6 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 7 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 8 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 9 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 10 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 6 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 7 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 8 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 9 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 10 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 6 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 7 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 8 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 9 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 10 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> |

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|--|--|--|--|--|
| <p>Day 11 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 12 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 13 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 14 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 15 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 11 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 12 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 13 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 14 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 15 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 11 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 12 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 13 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 14 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 15 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> |

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|--|--|--|--|--|
| <p>Day 16 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 17 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 18 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 19 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 20 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 16 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 17 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 18 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 19 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>Day 20 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 16 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 17 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 18 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 19 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>Day 20 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> |

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|--|---|---|---|---|
| <p>Day 21 – Breakfast</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 21 – Lunch</p> <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> | <p>M/MA: _____</p> <p>F/V 1: _____</p> <p>F/V 2: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> <p>Other: _____</p> |
| <p>Day 21 – Snack (Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>(Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>(Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>(Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> | <p>(Serve 2 of these 4 components)</p> <p>M/MA: _____</p> <p>F/V: _____</p> <p>G/B: _____</p> <p>Milk: _____</p> |

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