

**The Child and Adult Care Food Program
USDA Meal and Pattern***

Sample Hispanic Menu: Homeless Shelter

| Components | Quantity (Serving Size) |
|--|---|
| Breakfast Whole or low-fat milk Apple juice Tortilla, 6" diameter with: Beans with salsa, OR Eggs, OR Cheese | 1 cup ½ cup 1 ½ cup 1 egg 2 ounces |
| Supplement (Snack) Whole or low-fat milk Banana | 1 cup 1 |
| Lunch and Supper Whole or low-fat milk Meat tostada: Tostada shell, 6" diameter Beef and cheese Lettuce and tomato | 1 cup 1 2 ounces ¾ cup |

* Serving sizes for children under 6 are smaller.



FOUNDATION

*Sponsor of the Houston
Feed the Most Vulnerable Project*