

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

Shelter Sample Menu

Components	Quantity (Serving Size)
Breakfast Whole or low-fat milk Orange juice Wheat flakes	1 cup ½ cup ¾ cup
Supplement (Snack) Whole or low-fat milk ½ sandwich: peanut butter wheat bread	1 cup 2 Tablespoons 1 slice
Lunch and Supper Whole or low-fat milk Spaghetti with : Meatballs Tomato Sauce Banana	1 cup ½ cup 2 ounces ½ cup ½

* Serving sizes for children under 6 are smaller.



FOUNDATION

*Sponsor of the Houston
Feed the Most Vulnerable Project*