



**CHILD & ADULT CARE
FOOD PROGRAM**
SPONSORED BY RCDC

DAILY ATTENDANCE AND MEAL COUNT ROSTER

Provider: _____

WEEK OF: _____

Name	AGE	Date							Date							Date							Date							Date												
		A	BR	AM	L	PM	D	BT	A	BR	AM	L	PM	D	BT	A	BR	AM	L	PM	D	BT	A	BR	AM	L	PM	D	BT	A	BR	AM	L	PM	D	BT						
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	Attendance																																									
	Breakfast																																									
	Am Snack																																									
	Lunch																																									
	Pm snack																																									
	Dinner																																									
	Bedtime snack																																									
WEEKLY TOTALS		Weekly Attendance _____ Br _____ Am _____ Lunch _____ Pm _____ Dinner _____ Bt _____																																								
First page only MONTHLY TOTALS		BR _____ Lunch _____ Dinner _____ Snacks _____ Monthly attendance _____ AM _____ PM _____ BT _____																																								

Signature: _____

Please sign each page

Date: _____



Meal Pattern Requirements

Recommended Serving Size

1/4 c yogurt = 1/2 oz. meat 1 C=8 oz. = 16 Tablespoons

1 oz.meat = 1 oz. cheese = 2 oz. cottage cheese = 1 egg = 2T peanut butter = 1/4 c beans

1/2 sl=1/4-1/3c

1 sl=1/2-3/4c

**** if under 2 years of age whole milk**

MENU RECORD

		Recommended Serving Size			Day of Week	Day of Week	Day of Week	Day of Week	Day of Week
		1-2yr	3-5yr	6-12yr	Date:	Date:	Date:	Date:	Date:
BREAKFAST	Fluid Milk	1/2 c	3/4 c	1 c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Juice, fr/veg	1/4 c	1/2 c	1/2 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt (in place of grains no more than 3 x per wk)	1/2 oz	1/2 oz	1 oz					
<i>Choose 2 of 5</i>					/	/	/	/	/
Fluid Milk	1/2 c	1/2 c	1 c						
Vegetable/Juice	1/2 c	1/2 c	3/4 c						
Fruit/Juice	1/2 c	1/2 c	3/4 c						
Bread or bread alt	1/2 sl	1/2 sl	1 sl						
Meat, meat alt	1/2 oz	1/2 oz	1oz						
LUNCH	Fluid Milk	1/2 c	3/4 c	1 c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Vegetable	1/4 c	1/4 c	1/2 c					
	Fruit/Vegetable	1/4 c	1/4 c	1/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1 oz	1 1/2 oz	2 oz					
<i>Choose 2 of 5</i>					/	/	/	/	/
Fluid Milk	1/2 c	1/2 c	1 c						
Vegetable/Juice	1/2 c	1/2 c	3/4 c						
Fruit/Juice	1/2 c	1/2 c	3/4 c						
Bread or bread alt	1/2 sl	1/2 sl	1 sl						
Meat, meat alt	1/2 oz	1/2 oz	1oz						
DINNER	Fluid Milk	1/2 c	3/4 c	1 c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Vegetable	1/4 c	1/4 c	1/2 c					
	Fruit/Vegetable	1/4 c	1/4 c	1/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1 oz	1 1/2 oz	2 oz					
<i>Choose 2 of 5</i>					/	/	/	/	/
Fluid Milk	1/2 c	1/2 c	1 c						
Vegetable/Juice	1/2 c	1/2 c	3/4 c						
Fruit/Juice	1/2 c	1/2 c	3/4 c						
Bread or bread alt	1/2 sl	1/2 sl	1 sl						
Meat, meat alt	1/2 oz	1/2 oz	1oz						