

Sponsor Agreement # ____ - ____ - ____

✓ Check One Age Group

STATE OF NEW JERSEY - DEPARTMENT OF AGRICULTURE

Division of Food and Nutrition
FAMILY DAY CARE FOOD PROGRAM

Sponsor _____

- Up to 4 months
- 1 up to 3 years
- 4 up to 8 months
- 3 up to 6 years
- 8 up to 12 months
- 6 up to 12 years

SAMPLE MENU

Registration _____

Meal Type	Required Components	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
		Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size	Food Item	Portion Size
B R E A K F A S T	1. *Milk														
	2. **Vegetable or Fruit														
	3. ***Grains or Alternative														
	4. ****Meat or Alternative <small>(Only 3 times per week; may replace one full grain component)</small>														
<input type="checkbox"/> AM Select 2 of the 5 Components	1. *Milk	/		/		/		/		/		/		/	
	2. **Vegetable and/or Fruit	/		/		/		/		/		/		/	
	3. ***Grains or Alternative	/		/		/		/		/		/		/	
	4. ****Meat or Alternative	/		/		/		/		/		/		/	
L U N C H	1. *Milk														
	2. **Vegetable														
	3. **Fruit or Vegetable														
	4. ***Grains or Alternative														
	5. ****Meat or Alternative														
<input type="checkbox"/> PM Select 2 of the 5 Components	1. *Milk	/		/		/		/		/		/		/	
	2. **Vegetable and/or Fruit	/		/		/		/		/		/		/	
	3. ***Grains or Alternative	/		/		/		/		/		/		/	
	4. ****Meat or Alternative	/		/		/		/		/		/		/	
D I N N E R	1. *Milk														
	2. **Vegetable														
	3. **Fruit or Vegetable														
	4. ***Grains or Alternative														
	5. ****Meat or Alternative														
<input type="checkbox"/> EVE Select 2 of the 5 Components	1. *Milk	/		/		/		/		/		/		/	
	2. **Vegetable and/or Fruit	/		/		/		/		/		/		/	
	3. ***Grains or Alternative	/		/		/		/		/		/		/	
	4. ****Meat or Alternative	/		/		/		/		/		/		/	

*Milk Requirements: Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

**Vegetable & Fruit Requirement: A *vegetable* may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served. *Pasteurized full-strength juice* may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

***Grains Requirements: *Whole Grain-Rich (WGR)* - At least one serving per day, across all eating occasions, must be whole grain-rich. *Breakfast cereals* must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal). *Grain-based desserts* do not count towards meeting the grains requirement.

****Meat/Meat Alternates Requirements: *At breakfast*, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains. *Yogurt* must contain no more than 23 grams of total sugars per 6 ounces. *Alternate protein products* must meet the requirements in Appendix A to Part 226.