



**ARIZONA DEPARTMENT OF EDUCATION  
CHILD AND ADULT CARE FOOD PROGRAM  
MENU PRODUCTION WORKSHEET**

**LUNCH/SUPPER**

Date \_\_\_\_\_

MENU: MEAT/MEAT  
ALTERNATE

Number Planned For:

Age 1	Age 2	Age 3 to 5	Age 6 up to 12 + Adult

VEGETABLE/  
FRUIT

VEGETABLE/  
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
1. MEAT OR MEAT ALTERNATE	1-2	_____ x 1 = _____ +	1 oz.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
	3-5	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ =				
2. VEGETABLES AND/OR FRUITS  Use two or more sources to meet the total portion requirement	1-2	_____ x 1 = _____ +	¼ c.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
	3-5	_____ x 2 = _____ +				
	6-Adt	_____ x 3 = _____ =				
3. GRAINS/ BREADS	1-2	_____ x 1 = _____ +	½ sl.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
	3-5	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ =				
4. FLUID MILK	1	_____ x 1 = _____	½ c.	Obtain from Buying Guide	Obtain from Buying Guide	Round up
	2	_____ x 1 = _____ +				
	3-5	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ =				
		Whole/2% (One Year olds)				
		1% or Fat Free (2 to Adult)				