



**MENU – NUTRITION PROGRAM  
CHILD CARING INSTITUTIONS, PRIVATE SECURE FACILITIES, GROUP HOMES, AND EMERGENCY SHELTERS**

State Form 56954 (5-20)  
DEPARTMENT OF CHILD SERVICES

Date Range (mm/dd/yy)	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
<b>Breakfast</b>														
Cereal with Milk and/or Egg or other protein														
Bread or Equivalent														
Vitamin C Fruit or 100% Juice fortified with vitamin C														
Milk; 2% or Whole														
<b>Lunch</b>														
Entrée with Protein														
Vegetable / Fruit / Salad														
Vegetable / Fruit / Salad														
Bread or Equivalent														
Fruit or Simple Dessert (Optional)														
Milk; 2% or Whole														
<b>Afternoon Snack</b>														
Must include two (2) different food groups														
<b>Dinner</b>														
Entrée with Protein														
Vegetable / Fruit / Salad														
Vegetable / Fruit / Salad														
Bread or Equivalent														
Fruit or Simple Dessert (Optional)														
Milk; 2% or Whole														
<b>Evening Snack</b>														
Must include two (2) different food groups														

*NOTE: Please ensure portion sizes accurately reflect what is being served. Ounces should be used only for fluids or to describe the weight of plain meats. For protein, corn dogs, hot dogs, meat nuggets/strips, etc. are measured by the number of pieces which will ensure that two (2) ounces of meat/meat equivalent are served. Bread or equivalent and fresh fruit (orange, banana, pear, etc.) may be listed as a quantity or number provided. Meat salads, meat sauces, casseroles, vegetables, fruit, and salad are measured by the cup.*

**For additional assistance with serving sizes and menu requirements, please see supplemental Indiana State Form 56948, Standardized Main Dish / Casserole Recipe - Nutrition Program, "Help for Your Nutrition Program" and "Menu Pattern Requirements."**