

THESE ARE FOR: MORNING SNACK AFTERNOON SNACK

Form 5.3

MENU PLAN for SNACKS
 NM Summer Food Service Program

Sponsoring Organization: _____

Week of: _____

COMPONENT	DAY _____ DATE _____		DAY _____ DATE _____		DAY _____ DATE _____	
	ITEM	SERVING SIZE	ITEM	SERVING SIZE	ITEM	SERVING SIZE
<i>Serve 2 of the 4 Components:</i>						
MILK						
VEGETABLE/ FRUIT ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
GRAINS/ BREADS ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN
MEAT/MEAT ALTERNATE ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN		<input type="checkbox"/> CN

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MILK				
VEGETABLE/ FRUIT ²		<input type="checkbox"/> CN		<input type="checkbox"/> CN
GRAINS/ BREADS ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN
MEAT/MEAT ALTERNATE ³		<input type="checkbox"/> CN		<input type="checkbox"/> CN

The minimum amount of food to be served as **snacks/supplements** follows:¹

Serve at least two (2) of the following four (4) components:

MILK	1 CUP
FRUIT/ VEGETABLE ²	3/4 CUP
GRAINS/BREADS ³	1 SLICE or OUNCE EQUIVALENT
MEAT/MEAT ALTERNATE ³	1 OUNCE or EQUIVALENT

- For specific information on components or service size, consult the Admin. Guidance for Sponsors, Menu Record Book, USDA Food Buying Guide for Child Nutrition Programs or the NM Purchasing & Production Guide.
- Juice may not be served when milk is the only other component.
- For equivalents and alternates consult the Menu Record Book or the USDA Food Buying Guide for Child Nutrition Programs.