3 Days Emergency Menu for Child Care Facilities (serves 120)

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| **DAY ONE** |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | CheeriosMandarin OrangesMilk (dry milk powder + water) | ½ cup½ cup |
| Lunch | TunaSaltine crackersGreen BeansPeaches | 1 ½ oz4¼ cup¼ cup |
| PM Snack | Granola barPineapple juice | 1½ cup |
| Dinner | Canned Spaghetti with meatballsGreen beansPears | ½ cup¼ cup¼ cup |
| **DAY TWO** |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | CornflakesApplesauceMilk (dry milk powder) | ½ cup½ cup |
| Lunch | Canned ChiliCornTriscuit crackersApricots | ½ cup¼ cup4¼ cup |
| PM Snack | Graham crackersApple juice Dried prunes. | 2 pieces½ cup2 T |
| Dinner | Canned beef stewCrackersCornPeaches | ½ cup2¼ cup¼ cup |
| **DAY THREE** |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | CheeriosOrange JuiceMilk (dry milk powder) | ½ cup½ cup |
| Lunch | Baked beansSaltinesCornPineapple chunks | ½ cup4¼ cup¼ cup |
| PM Snack | Granola barApple juice | 1½ cup |
| Dinner | Canned ravioliGreen beansFruit cocktail | ½ cup¼ cup¼ cup |

Bottled water: 1 gallon per person per day

**3 Day Menu Grocery List for Child Care Facilities (serves 120)**

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| **Protein Group**  |
| CN Labeled Chili \* Canned Beef Stew \* Canned Ravioli (CN Label) \* Canned Spaghetti/Meatballs \* Water packed Tuna Baked Beans  | 15 oz. can = 4 servings15 oz. can = 4 servings15 oz. can = 4 servings15 oz. can = 4 servings12 oz. can = 6 servings28 oz. can = 6 servings | 5--#10 cans5--#10 cans5--#10 cans5--#10 cans32—6 12/ oz. cans5--#10 cans |

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| **GRAIN/BREAD GROUP** |
| Cheerios Corn Flakes Saltine crackers Graham crackers Triscuit crackers Granola bars  | 20 oz. box = 20 servings24 oz. box = 20 servings16 oz. box = 38 servings14.4 oz. box = 13 servings13 oz. box = 22 servings12 per box | 20—20 oz. boxes10—24 oz. boxes10—16 oz. boxes4—16 oz. boxes6—13 oz. boxes20 boxes |

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| **FRUIT/VEGETABLE GROUP** |
| Canned Orange Juice Canned Pineapple Juice Canned Apple Juice Canned Green Beans Canned Peaches Canned Apricots Canned Applesauce Canned Corn Canned Pineapple chunks Canned Mandarin oranges Canned Pears Canned Fruit cocktail Dried Prunes | 46 oz. can = 10 servings46 oz. can = 10 servings46 oz. can = 10 servings14.5 oz. can = 6 servings29 oz. can = 7 servings29 oz. can = 7 servings48 oz. jar = 9 servings15 oz. can = 7 servings20 oz. can = 5 servings11 oz. can = 5 servings29 oz. can = 7 servings30 oz. can = 8 servings24 oz. bag = 18 servings | 12- 46 oz. cans12—46 oz. cans24—46 oz. cans3--#10 cans8--#10 cans4--#10 cans3--#10 cans3--#10 cans4--#10 cans4--#10 cans4--#10 cans4--#10 cans16# prunes |

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| **MILK GROUP** |
| Nonfat Dry Milk Powder \*\* |  | 5 Boxes |

\* CN Label = Child Nutrition Program approved product

\*\* Mix with water for fluid milk to use on cereal or for drinking.

**EXPIRATION DATES:**

Try to purchase foods that will last for at least 6 months or a year. Restock food supplies on a planned schedule (every 6 months or annually) according to expiration dates.

**Other Supplies:**

Can Opener, Paper plates, Paper cups, Plastic utensils, Moist towelettes.