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

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| **DAY ONE** | | |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | Cheerios  Mandarin Oranges  Milk (dry milk powder + water) | ½ cup  ½ cup |
| Lunch | Tuna  Saltine crackers  Green Beans  Peaches | 1 ½ oz  4  ¼ cup  ¼ cup |
| PM Snack | Granola bar  Pineapple juice | 1  ½ cup |
| Dinner | Canned Spaghetti with meatballs  Green beans  Pears | ½ cup  ¼ cup  ¼ cup |
| **DAY TWO** | | |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | Cornflakes  Applesauce  Milk (dry milk powder) | ½ cup  ½ cup |
| Lunch | Canned Chili  Corn  Triscuit crackers  Apricots | ½ cup  ¼ cup  4  ¼ cup |
| PM Snack | Graham crackers  Apple juice Dried prunes. | 2 pieces  ½ cup  2 T |
| Dinner | Canned beef stew  Crackers  Corn  Peaches | ½ cup  2  ¼ cup  ¼ cup |
| **DAY THREE** | | |
| **Meal** | **Food** | **Portion Size** |
| Breakfast | Cheerios  Orange Juice  Milk (dry milk powder) | ½ cup  ½ cup |
| Lunch | Baked beans  Saltines  Corn  Pineapple chunks | ½ cup  4  ¼ cup  ¼ cup |
| PM Snack | Granola bar  Apple juice | 1  ½ cup |
| Dinner | Canned ravioli  Green beans  Fruit cocktail | ½ cup  ¼ cup  ¼ 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 servings  15 oz. can = 4 servings  15 oz. can = 4 servings  15 oz. can = 4 servings  12 oz. can = 6 servings  28 oz. can = 6 servings | 5--#10 cans  5--#10 cans  5--#10 cans  5--#10 cans  32—6 12/ oz. cans  5--#10 cans |

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| **GRAIN/BREAD GROUP** | | |
| Cheerios  Corn Flakes  Saltine crackers  Graham crackers  Triscuit crackers  Granola bars | 20 oz. box = 20 servings  24 oz. box = 20 servings  16 oz. box = 38 servings  14.4 oz. box = 13 servings  13 oz. box = 22 servings  12 per box | 20—20 oz. boxes  10—24 oz. boxes  10—16 oz. boxes  4—16 oz. boxes  6—13 oz. boxes  20 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 servings  46 oz. can = 10 servings  46 oz. can = 10 servings  14.5 oz. can = 6 servings  29 oz. can = 7 servings  29 oz. can = 7 servings  48 oz. jar = 9 servings  15 oz. can = 7 servings  20 oz. can = 5 servings  11 oz. can = 5 servings  29 oz. can = 7 servings  30 oz. can = 8 servings  24 oz. bag = 18 servings | 12- 46 oz. cans  12—46 oz. cans  24—46 oz. cans  3--#10 cans  8--#10 cans  4--#10 cans  3--#10 cans  3--#10 cans  4--#10 cans  4--#10 cans  4--#10 cans  4--#10 cans  16# 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.