

Adult Day Care Center: \_\_\_\_\_

Adult Breakfast Meal Record

Date: \_\_\_\_\_

VT Agency of Education

Date	Item, Portion Size & Quantity	Vegetable/Fruit (½ cup)	Grains <u>OR</u> Meat/Meat Alternate* (Up to 3x per week*) (2 oz. eq.)	Milk (8 fl. oz.)
	<i>Item</i>			
	<i>Portion Size</i>			
	<i>Quantity Prepared</i>			
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