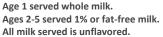
MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
		MEAL	./RECIPE:					
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
SNACK	Vegetable	1/2 cup	1/2 cup					
SIVACK	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

















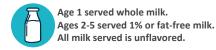




^{*} The fruit component at lunch may be substituted by a second vegetable.

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
SNACK	Vegetable	1/2 cup	1/2 cup					
SIEMER	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.













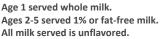


 $[\]ensuremath{^{*}}$ The fruit component at lunch may be substituted by a second vegetable.

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
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		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
LUNCH	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
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	Milk	1/2 cup	1/2 cup					
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SIEMER	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.















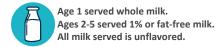




^{*} The fruit component at lunch may be substituted by a second vegetable.

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq					
	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup					
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LUNCH	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz					
	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
SNACK	Vegetable	1/2 cup	1/2 cup					
SIVACK	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.











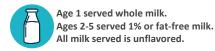




^{*} The fruit component at lunch may be substituted by a second vegetable.

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
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	Grain	1/2 oz eq	1/2 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz					

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.















^{*} The fruit component at lunch may be substituted by a second vegetable.