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 <sup>+</sup>	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					
JIACK	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.

At least one serving of grains per day must

be whole grain-rich (noted as WGR or WG).

Note: oz eq = ounce equivalent

Age 1 served whole milk.

All milk served is unflavored.

Ages 2-5 served 1% or fat-free milk.

Menu reviewed by: Angel Veach





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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 <sup>+</sup>	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					
JINACK	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					

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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 <sup>+</sup>	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					
JINACK	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					

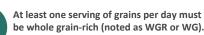
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	MEAL/RECIPE:							
	Milk	1/2 cup	3/4 cup					
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain/Meat <sup>+</sup>	1/2 oz eq	1/2 oz eq					
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup			-		
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LUNCH	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					
JINACK	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.

Age 1 served whole milk.

All milk served is unflavored.

Menu reviewed by: Angel Veach



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At least one serving of grains per day must Ages 2-5 served 1% or fat-free milk. be whole grain-rich (noted as WGR or WG).

Note: oz eq = ounce equivalent

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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 <sup>+</sup>	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					
JIACK	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					

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