

Menu for Week of:	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:
<p>BREAKFAST</p> <p>Meal Pattern</p> <ul style="list-style-type: none"> ▶ Juice or Fruit or Vegetable ▶ Grains/Breads ▶ Milk 	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>
<p>AM SNACK</p> <p>Meal Pattern</p> <p>Select two (2) of the following:</p> <ul style="list-style-type: none"> ▶ Meat or Meat Alternate ▶ Vegetable or Fruit or Juice ▶ Grains/Breads ▶ Milk 	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
<p>LUNCH or SUPPER</p> <p>Meal Pattern</p> <ul style="list-style-type: none"> ▶ Meat or Meat Alternate ▶ Vegetable/Fruit (2 servings of vegetable or fruit or both) ▶ Grains/Breads ▶ Milk 	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>	<p>_____</p> <p>_____</p> <p>Milk</p>
<p>PM SNACK</p> <p>Meal Pattern</p> <p>Select two (2) of the following:</p> <ul style="list-style-type: none"> ▶ Meat or Meat Alternate ▶ Vegetable or Fruit or Juice ▶ Grains/Breads ▶ Milk 	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>

*Serving whole milk to children under two years of age is recommended.

**Water is recommended as an additional beverage with snacks; however water is not part of the meal requirement.

Food Component	1 & 2 Years	3-5 Years	6-12 Years
BREAKFAST			
Milk, fluid	½ Cup	¾ Cup	1 Cup
Fruit or Vegetable	¼ Cup	½ Cup	½ Cup
Bread/Bread Alternate *	½ Slice	½ Slice	1 Slice
LUNCH or SUPPER			
Milk, fluid:	½ Cup	¾ Cup	1 Cup
Meat or Meat Alternate:	1 Ounce	1 ½ Ounces	2 Ounces
Cheese	1 Ounce	1 ½ Ounces	2 Ounces
Yogurt, plain or flavored, Unsweetened or Sweetened	½ Cup	¾ Cup	1 Cup
Egg	½ Egg	¾ Egg	1 Egg
Cooked Dry Beans/Peas	¼ Cup	3/8 Cup	½ Cup
Cottage cheese	¼ Cup	3/8 Cup	½ Cup
Peanut Butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
Nuts and/or Seeds**	¼ Cup	½ Cup	¾ Cup
Vegetable/Fruit: Serve 2 or more separate and identifiable fruit/vegetables dishes	¼ Cup Total	½ Cup Total	¾ Cup Total
Bread/Bread Alternate: *	½ Slice	½ Slice	1 Slice
SNACK – Select 2 of 4 Components			
Milk, fluid:	½ Cup	¾ Cup	1 Cup
100% Juice, Fruit or Vegetable:	½ Cup	½ Cup	¾ Cup
Meat / Meat Alternate: **	½ Ounce	½ Ounce	1 Ounce
Bread / bread Alternate: *	½ Slice	½ Slice	1 Slice

*An acceptable serving of a bread alternate (cornbread, biscuits, muffins, etc.) is made of whole grain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole grain pasta product.

**Not more than 1 ounce of nuts and/or seeds may be used in any meal and may not contribute more than 50% of the total requirement of meat / meat alternate.

Bread Equivalents: These foods may be mixed / matched to obtain the required bread equivalents		
Breads	½ Slice	1 Slice
Grains	¼ Cup	½ Cup
Pasta	¼ Cup	½ Cup
Cereal – DRY	1/3 Cup	¾ Cup
Cereal – HOT	¼ Cup	½ Cup

Meat Equivalents: These foods may be mixed / matched to obtain the required meat equivalents		
Meat	½ Ounce	1 Ounce
Eggs	¼ Egg	½ Egg
Peanut Butter	1 Tbsp	2 Tbsp.
Beans	1/8 Cup	¼ Cup
Yogurt	¼ Cup	½ Cup