

BREAKFAST					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Dates:							
Food Components	Ages 1-2	Ages 3-5	Ages 6-18	Adults							
Milk***	1/2 cup	3/4 cup	1 cup	1 cup							
Fruit/Vegetables	1/4 cup	1/2 cup	1/2 cup	1/2 cup							
Grains/Breads	1/2 oz eq*	1/2 oz eq*	1/2 oz eq*	1/2 oz eq*							

*Meat and meat alternates may be used to substitute the entire grains component a maximum of 3 times a week.

LUNCH/SUPPER					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Components	Ages 1-2	Ages 3-5	Ages 6-18	Adults							
Milk***	1/2 cup	3/4 cup	1 cup	1 cup**							
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz							
Fruit	1/8 cup	1/4 cup	1/4 cup	1/4 cup							
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup							
Grains/Breads	1/2 oz eq*	1/2 oz eq*	1 oz eq*	2 oz eq*							

*Meat and meat alternates may be used to substitute the entire grains component a maximum of 3 times a week.

**A serving of milk is not required at supper for adults only.

SNACK					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Components	Ages 1-2	Ages 3-5	Ages 6-18	Adults							
Milk***	1/2 cup	3/4 cup	1 cup	1 cup							
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz							
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup							
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup							
Grains/Breads	1/2 oz eq*	1/2 oz eq*	1 oz eq*	1 oz eq*							

Select 2 of the 5 components for snack.

*Meat and meat alternates may be used to substitute the entire grains component a maximum of 3 times a week.

***Flavored milk may only be served to children over 5 and may only contain 22 g/sugar per 8 oz. Milk must be 1% or skim for children under 2.

Note: All serving sizes are minimum quantities of the food components that are required to be served.

SA Approval: _____

Date: _____