

SAMPLE MENU WEEK 1

TYPE	COMPONENT	MINIMUM SERVING			DATE	DATE	DATE	DATE	DATE
		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk, fluid	½ cup	¾ cup	1 cup	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *
	Vegetable, Fruit, or Juice	¼ cup	½ cup	½ cup	bananas	peaches	apple slices	apple sauce	orange slices (or mandarin oranges)
	Breads, Grains, or Dry cereal	½ slice ¼ cup ¼ cup	½ slice ¼ cup 1/3 cup	1 slice ½ cup ¾ cup	oatmeal with cinnamon	Whole wheat English muffin with margarine or butter	Cream of wheat	Whole wheat toast, boiled egg	Whole wheat bagel with cream cheese
	Milk, fluid	½ cup	½ cup	1 cup			whole or 1% milk *		
MORNING SNACK (CHOOSE 2)	Vegetable, Fruit, or Juice	½ cup	½ cup	¾ cup	water, peaches	water, apple slices		water, fruit cocktail	water, pears
	Breads, Grains, or Dry cereal	½ slice ¼ cup ¼ cup	½ slice ¼ cup 1/3 cup	1 slice ½ cup ¾ cup			Cheerios cereal	graham crackers	whole wheat crackers
	Meat or Meat alternate or yogurt	½ oz 2 oz	½ oz 2 oz	1 oz 4 oz	cottage cheese	cheese slices			

* Whole milk is recommended for children 12-24 months and 1% milk for children over the age of 2.

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TYPE	COMPONENT	MINIMUM SERVING			DATE	DATE	DATE	DATE	DATE
		1&2 years	3-5 years	6-12 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk, fluid	½ cup	¾ cup	1 cup	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *	whole or 1% milk *
	Meat or Meat alternate	1 oz	1½ oz	2 oz	tomato sauce with ground turkey	Taco Salad with ground beef, shredded cheese	Tuna casserole	Red beans and brown rice	Shredded barbecue chicken
	Breads or Grains	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Whole wheat penne pasta	baked whole corn tortilla chips	whole wheat noodles	brown rice	whole wheat bread
	Vegetable, Fruit, or Juice (serve 2)	¼ cup	½ cup	¾ cup	green beans, orange slices	lettuce/tomatoes, peaches	Green peas, apple sauce	mixed vegetables pineapple	broccoli, pears
	Milk, fluid	½ cup	½ cup	1 cup					whole or 1% milk *
AFTERNOON SNACK (CHOOSE 2)	Vegetable, Fruit, or Juice	½ cup	½ cup	¾ cup	water, apple sauce	water, carrots	water, pineapple tidbits	water, banana	
	Breads, Grains, or Dry Cereal	½ slice ¼ cup ¼ cup	½ slice ¼ cup 1/3 cup	1 slice ½ cup ¾ cup	graham crackers		whole wheat crackers		cornbread
	Meat or Meat alternate or yogurt	½ oz 2 oz	½ oz 2 oz	1 oz 4 oz		yogurt		yogurt	