



This Week: January 9th – 13th, 2023

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Fruit	¼ cup	½ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz			Chicken		Cheese
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Cheerios	Oatmeal	Biscuit	Special K	Toast
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Turnip greens	Green beans	California blend	Peas and carrots	Lima beans
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Chicken	Sloppy Joes/ Turkey	Hamburger	Cheese	Fish
	Grains	½ slice ½ serving	½ slice ½ serving	Dumplings	Whole wheat bread/wraps	Whole wheat bread/wraps	Macaroni	Whole wheat bread/wraps
CHOOSE 2 OPTIONS SNACK	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Water	Water
	Vegetable	½ cup	½ cup		Salsa			
	Fruit	½ cup	½ cup				Fruit	Fruit
	Meat/Alternate	½ oz	½ oz	Cheese cubes		Hummus	Yoghurt	
	Grains	½ slice ½ serving	½ slice ½ serving	Crackers	Chips	Pretzels		Veggie straws

Fluid Milk - 1yr old whole milk; **2-5 yr old** skim (fat-free) or 1% (low fat)

Vegetable: One vegetable and one fruit or two different vegetables must be served at lunch each day

Meat/Meat Alternate: A serving may replace a grain serving at breakfast, but no more than three time per week. 1 oz. grain = 1 oz. meat/meat alternate.

Whole Grain Rich: one serving of grains per day across all meal types offered must be whole grain rich. Whole grain rich foods contain 100% whole grains or have at least 50% whole grains.

Breakfast Cereal: They must not contain more than 6 grams of sugar per 1oz. dry serving

Yogurt: Must have no more than 23g of total sugar or sucrose per 6 oz.

Meat/Meat Alternate Serving Size: Appropriate meat/meat alternate minimum serving size in accordance with Appendix A Part 226; options include

Component	LUNCH		SNACK	
	Minimum Serving Size		Minimum Serving Size	
	Ages 1-2	Ages 3-5	Ages 1-2	Ages 3-5
Lean meat, poultry or fish	1 oz.	1-½oz.	½ oz.	½ oz.
Alternate protein products	1 oz.	1-½oz.	½ oz.	½ oz.
Cheese	1 oz.	1-½oz.	½ oz.	½ oz.
Large Egg	½ egg	¾ egg	½ egg	½ egg
Cooked dry beans or peas	¼ cup	3/8 cup	1/8 cup	1/8 cup
Yogurt, flavored unsweetened or sweetened	4 oz. or ½ cup	6 oz. or ¾ cup	2 oz. or ¼ cup	2 oz. or ¼ cup