



This Week:

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	Bananas	Oranges		Strawberries	Blueberries
	Meat/Alternate	1 oz.	1-½oz			Chicken Sausage		Cheese
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Kix	Cream of Wheat	Biscuit	Bran Flakes	Grits
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Lima Beans	Sliced Cucumbers	Green Peas	Cabbage	Mixed vegetables
	Fruit	1/8 cup	¼ cup	Plums	Diced Peaches	Pears	Apples/sauce	Watermelon
	Meat/Alternate	1 oz.	1-½ oz	Sloppy Joe	Sliced turkey n' cheese	BBQ chicken	Turkey Kielbasa	Fish patty
	Grains	½ slice ½ serving	½ slice ½ serving	Hamburger bun	Croissant	Macaroni n' cheese pasta	Wheat bread	Hamburger bun
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					
	Fruit	½ cup	½ cup	Apple sauce				Fruit salad
	Meat/Alternate	½ oz	½ oz		Cheese stick		Hummus dip	
	Grains	½ slice ½ serving	½ slice ½ serving			Fig bar	Pretzels	Goldfish