



This Week: November 21st – 25th, 2022. Happy Thanksgiving.

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday Happy Thanksgiving	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	Milk	Milk	Milk	Happy Thanksgiving.	Center closed.
	Fruit	¼ cup	½ cup	Fruit	Strawberries	Fruit		
	Meat/Alternate	1 oz.	1-½oz					
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Cereal	Raisin toast	Oatmeal		
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk		
	Vegetable	1/8 cup	¼ cup	Peas and carrots	Green beans, yams	Lima beans		
	Fruit	1/8 cup	¼ cup	Fruit	Apples			
	Meat/Alternate	1 oz.	1-½ oz	Ham/cheese	Turkey with cranberry sauce	Hamburger/w cheese or chicken alternate		
	Grains	½ slice ½ serving	½ slice ½ serving	Whole wheat bread	Stuffing, rolls	Bun		
SNACK CHOOSE 2 OPTIONS	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Center closed at 2 pm.		
	Vegetable	½ cup	½ cup					
	Fruit	½ cup	½ cup					
	Meat/Alternate	½ oz	½ oz	Hummus or cheese	Cheese cubes			
	Grains	½ slice ½ serving	½ slice ½ serving	Crackers	Crackers			

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