



This Week: September 19<sup>th</sup>-23<sup>rd</sup>, 2022

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Fluid Milk	4 fl. oz. (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Fruit	¼ cup	½ cup	Strawberries	Blueberries	Blackberries	Apples	
	Meat/Alternate	1 oz.	1-½oz				Cheese	Cream cheese
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Special K	Oatmeal	Raisin Toast	Biscuit	Bagel
<b>LUNCH</b>	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Carrots	Broccoli	Lima Beans	Turnip greens	Green beans
	Fruit	1/8 cup	¼ cup	Peaches	Plums			Cantaloupe
	Meat/Alternate	1 oz.	1-½ oz	Turkey/cheese	Hamburger	Baked chicken	Black beans	Tuna melt
	Grains	½ slice ½ serving	½ slice ½ serving	Wheat bread	Bun	Wheat bread	Yellow Rice	Wheat bread
<b>CHOOSE 2 OPTIONS</b> <b>SNACK</b>	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	Kiwi Fruit	Pears			
	Meat/Alternate	½ oz	½ oz				Cheese Stick	Hummus
	Grains	½ slice ½ serving	½ slice ½ serving	Cheezits	Wheat thins	Fig bars	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 grin 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