



This Week: May 8th – 12th, 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	Strawberries	Blueberries		Kiwi	Plum
	Meat/Alternate	1 oz.	1-½oz			Turkey Pattie		Yogurt
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Kix	Cream of Wheat	Biscuit	Cheerios	
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Broccoli	Cabbage	Cauliflower	California Medley	Green Beans
	Fruit	1/8 cup	¼ cup	Cantaloupe	Apple Wedges	Pears	Pineapple	Sliced Peaches
	Meat/Alternate	1 oz.	1-½ oz	Turkey n’ Cheese	Turkey Kielbasa	BBQ Chicken	Tuna Salad	Chicken Casserole
	Grains	½ slice ½ serving	½ slice ½ serving	Tortilla	Rice	½ Wheat Bun	Saltine Crackers	½ Slice Wheat Bread
SNACK CHOOSE 2 OPTIONS	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Water	Milk
	Vegetable	½ cup	½ cup					
	Fruit	½ cup	½ cup	Apple Sauce			Sliced Pears	
	Meat/Alternate	½ oz	½ oz		Hummus	String Cheese		
	Grains	½ slice ½ serving	½ slice ½ serving	Raisin Bread	Pretzels	Ritz Crackers	Cheeze It’s	Graham Cracker

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