

Week of: \_\_\_\_\_

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
BREAKFAST (all)	Milk*	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	¼ cup	½ cup					
	Grain/Meat	½ oz. eq.	½ oz. eq.					
		Infants (under one year)						
LUNCH (all)	Milk*	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup					
	Fruit/Vegetable	1/8 cup	¼ cup					
	Grain	½ oz. eq.	½ oz. eq.					
	Meat/Meat Alternate	1 oz.	1 ½ oz.					
SNACK (2, if no milk, water will be served)	Milk*	½ cup	½ cup					
	Fruit	½ cup	½ cup					
	Vegetable	½ cup	½ cup					
	Grain	½ oz. eq.	½ oz. eq.					
		Infants (under one year)						
	Meat/Meat Alternate	½ oz.	½ oz.					

\*Children up to 24 months receive whole milk. Those over 24 months receive 1% milk.

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