

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.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.