



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.
Lunch	½ Cup**	¾ Cup	1 Cup	Milk
	⅓ Cup	¼ Cup	¼ Cup	Fruit
	⅓ Cup	¼ Cup	½ Cup	Vegetable
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative
	½ oz eq	½ oz eq	1 oz eq	Grain
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water
	½ Cup	½ Cup	¾ Cup	Fruit
	½ Cup	½ Cup	¾ Cup	Vegetable
	½ oz	½ oz	1 oz	Meat/Meat Alternative
	½ oz eq	½ oz eq	1 oz eq	Grain
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.				



Thu 01	Fri 02
1% low-fat unflavored milk **	1% low-fat unflavored milk **
Applesauce in a cup	Canned Fruit Mix
English Muffin *	Wheat Bread Toast*
Jelly	Butter
1% low-fat unflavored milk **	1% low-fat unflavored milk **
Sliced Oranges ¹	Frozen Strawberries
Baby Carrots ¹	Mixed Salad
Chicken Tinga Sandwich	Bean & Cheese Burrito
Buns *	Wheat Flour Tortilla*
Ranch Dressing	Ranch Dressing
	Water
Peaches in a Cup	Canned Tangerines
Low-Fat Yogurt	
	Saltine Wheat Crackers*
Place Menu Changes sticker here	Place Menu Changes sticker here

¹ Toddler accommodations: Apples → Applesauce or Saltine Crackers; Pears → Diced Pears; Sliced Oranges or Fresh Tangerines → Canned Tangerines; Baby Carrots/Carrot Sticks → Shredded Carrots; Corn Tostada/Taco Shell → Corn Tortilla; Tortilla Chips → Saltines Crackers

* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 05	Tue 06	Wed 07	Thu 08	Fri 09
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Spring Salad	Diced Tomato	Zucchini	Mixed Veggies	Mixed Veggies
						Lettuce	Carrots	Shredded Lettuce	
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Grilled Chicken	Sliced Turkey Sandwich	Beef Stew Meat	Chicken Salad	Lentils Soup
						Sliced Cheddar Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Goldfish- Cheese Crackers*	Wheat Bread*	Brown Rice	Pita Bread*	Corn Tortilla *
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Mayo		Mayo	
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk**	Water	1% Low-Fat Unflavored Milk**	1% low-fat unflavored milk**	Water
	½ Cup	½ Cup	¾ Cup	Fruit					Apples ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			String Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*	
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% low-fat unflavored milk**	1% low-fat unflavored milk**	1% low-fat unflavored milk**	1% low-fat unflavored milk**	1% low-fat unflavored milk**
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Spinach	Diced Cucumber	Diced Tomato	Stir-Fried Vegetables	Shredded Lettuce
					Shredded Carrots	Diced Tomato	Shredded Lettuce	Bean Sprouts	Diced Tomato
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Teriyaki Chicken	Diced Turkey	Beef Picadillo (Beef Taco)	Chicken Stir-Fried	Beans
							Shredded Cheese		Shredded Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Dinner Roll *	Elbow Pasta* Salad	Taco Shell * ¹	Brown Rice	Corn Tostada * ¹
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Creamy Italian Dressing			
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk**	Water	1% low-fat unflavored milk**		Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Peaches in a Cup	Canned Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		Low-Fat Yogurt	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Slided Tomato	Mixed Greens Salad	California Blend Veggies	Mixed Vegetables	Baby Carrots ¹
					Lettuce				
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Chicken (Burger)	Diced Turkey	Beef Stroganoff	Chicken Soup	Sunbutter & Jelly Sandwich
						Shredded Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Buns *	Dinner Roll *	Pasta *	Corn Tortilla *	Wheat Bread*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Ranch Dressing			Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk **	Water	1% low-fat unflavored milk **	1% low-fat unflavored milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit					Apples ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			String Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*	
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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	California Blend Veggies	Mixed Veggies	Broccoli	Baby Carrots ¹	Mixed Salad
						Celery	Carrots		
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	BBQ Chicken	Diced Turkey Salad	Beef Strips & Broccoli	Chicken Tinga Sandwich	Bean & Cheese Burrito
	½ oz eq	½ oz eq	1 oz eq	Grain	Wheat Bread*	Goldfish- Cheese Crackers*	Brown Rice	Buns *	Wheat Flour Tortilla*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Ranch Dressing	Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk **	Water	1% low-fat unflavored milk **		Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Peaches in a Cup	Canned Tangerines
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		Low-Fat Yogurt	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
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