

Weekly Menu:

For Children Ages:

Component		Ages 1-2	Ages 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup					
	Grain	1/2 oz. eq.	1/2 oz. eq.					
Lunch	Milk	1/2 cup	3/4 cup					
	Vegetable	1/8 cup	1/4 cup					
	Fruit*	1/8 cup	1/4 cup					
	Grain	1/2 oz. eq.	1/2 oz. eq.					
	Meat/Meat Alternate	1 oz.	1 1/2 oz.					
Snack	Milk	1/2 cup	1/2 cup					
	Fruit/Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz. eq.	1/2 oz. eq.					
	Meat/Meat Alternate	1/2 oz.	1/2 oz.					

* The fruit component at lunch may be substituted by any additional vegetable; oz. eq. is equal to ounce equivalents