

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-1	T-1	W-1	Th-1	F-1
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Watermelon	Hashbrowns	Banana	Apples	Berries
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Biscuit		*WW Bagel		***Cold cereal
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Scrambled eggs		Yogurt	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.			Carrots	Broccoli	Banana
fruit	1/2 C.	1/2 C.	3/4 C.	Berries				
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		*WW Crackers		*Quinoa	Pretzels
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Yogurt	Cheese Cubes	Cottage Cheese (dbl)		
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheese, Beans	Ground Beef	Turkey & Cheese	Ham & Cheese	Tuna & Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Carrots	Tator Tots	Lettuce, Tomato	Mushrooms, Onions	Green Beans
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Pears	Orange Slices	Melon	Lettuce Salad	Lettuce, Tomato
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Bread	*W-grain Bun	*WW Bread	*WW English Muffin	*WW Bread
additional food (optional)					Sloppy Joe Sauce			
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.		Milk			
vegetable	1/2 C.	1/2 C.	3/4 C.	Guacamole				
fruit	1/2 C.	1/2 C.	3/4 C.		Peaches	Pineapple Chunks		
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*W-grain corn chips			Bread Stick	*WW Pita
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Ham Cubes	String Cheese	Hummus
SUPPER (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Ham	Pork Chops	Chicken	Ground Beef	Beans & Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Scalloped Potatoes	Carrots	Beets	Spaghetti Sauce	Cucumber
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Peaches	Pineapple	Lettuce Salad	Lettuce Salad	Mango
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*W-grain Roll	*Brown Rice	Bread Sticks	*W-grain Noodles	*W-grain Tortillas
additional food (optional)							Cheese	
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.			Milk		
vegetable	1/2 C.	1/2 C.	3/4 C.	Cucumber	100% Juice			
fruit	1/2 C.	1/2 C.	3/4 C.				Banana	Grapes
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		Bagel	***Cold cereal		Cheese Crackers
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Cubes			Peanut Butter	

*whole grain or whole grain rich must be served once per day

**Meat/meat alt. for Breakfast no more than 3 times per week

***Breakfast cereals must contain no more than 6 grams of sugar per dry oz.

****Yogurt must contain no more than 23 grams of sugar per 6 oz.

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-2	T-2	W-2	Th-2	F-2
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Apples	Peaches	Banana	Pears	Oranges
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Toast		Mult-grain Cheerios		*Oatmeal
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cottage Cheese (dbl)		Yogurt	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.			Milk		Milk
vegetable	1/2 C.	1/2 C.	3/4 C.					
fruit	1/2 C.	1/2 C.	3/4 C.	100 % Juice	Dried fruit	Plums	Cantelope	
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Banana Bread			Croissant	*WW Toast
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese Stick			
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Hot Dogs	Beans	Chicken/cheese	Quiche (egg)	Cottage Cheese (dbl)
vegetable	1/8 C.	1/4 C.	1/2 C.	Corn	Carrots	Cherry Tomatoes	Olives/Carrots	Green Beans
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Tator Tots	Celery	Cucumbers	Pineapple	Watermelon
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Bread	Crackers/Tortilla	*WW Pasta	*WW Toast	*Quinoa
additional food (optional)								
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.				Celery	Carrots
fruit	1/2 C.	1/2 C.	3/4 C.	Berries	Apricots	Oranges		
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Saltines	*WW Bagel	*WW Muffin		Triscuits
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.				Cheese Cubes	
SUPPER (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Fish	Steak	Ground Beef	Chicken	Ground beef/cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Squash	Asparagus	Tomato/Onion	Coleslaw	Lettuce/tomato
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Beets	Baked Potato	Brussel Sprouts	Cauliflower	Cucumbers
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Biscuits	Garlic Toast	*WW Spag. Noodles	Biscuits	Taco Shells
additional food (optional)								
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.				Milk	
vegetable	1/2 C.	1/2 C.	3/4 C.	Celery		100% Veg. Juice		
fruit	1/2 C.	1/2 C.	3/4 C.					
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		*WW Crackers	*WW Toast	*WW English Muffin	*WW Tortilla
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Sticks	Yogurt or Tofu			Cheese

*whole grain or whole grain rich must be served once per day

**Meat/meat alt. for Breakfast no more than 3 times per week

***Breakfast cereals must contain no more than 6 grams of sugar per dry oz.

****Yogurt must contain no more than 23 grams of sugar per 6 oz.

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-3	T-3	W-3	Th-3	F-3
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Cantaloupe	Pineapple	Banana	Banana	Fruit Cocktail
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Pancakes		***Cold Cereal		***Cold cereal
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Ham		Scrambled Eggs	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.		Marinara Sauce			
fruit	1/2 C.	1/2 C.	3/4 C.	Mixed Fruit		Mandarin Oranges	Apple slices	Kiwi
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Saltines	Bread Sticks	*Oatmeal	Cinnamon Toast	*WW Toast
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Ground Beef	Beef Stew Meat	Chicken	Pork	Turkey
vegetable	1/8 C.	1/4 C.	1/2 C.	Tomatoes/lettuce	Potatoes/Carrots	Carrots/Celery/Onion	Sweet Potatoes	Mashed Potatoes
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Tator Tots	Peaches	Apples	Banana	Cranberries
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Bun	Dumplings	*WW Noodles	*Quinoa	Stuffing
additional food (optional)						(HM Soup)		
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.		Tator Tots			
fruit	1/2 C.	1/2 C.	3/4 C.			100% Apple Juice	Orange slices	
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Tortilla		Corn Bread	*WW English Muffin	*WW Crackers
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Refried Beans	Cheese			Chili beans/beef
SUPPER (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken	Chicken	Ground Beef	Ham	Sausage/Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Mashed Potatoes	Potatoes/Carrots	Corn	Baked Potatoes	Tomatoes Sauce
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Corn	Green Beans	Peas	Pork N Beans	Carrot Sticks
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Roll	*WW Garlic Bread	Biscuits	*WW Bread	Pizza Crust
additional food (optional)						(Meatloaf)		
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					Milk
vegetable	1/2 C.	1/2 C.	3/4 C.		Celery	Carrots	Marinara Sauce	
fruit	1/2 C.	1/2 C.	3/4 C.	Apple				Strawberries
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.			*WW Toast	Bread Sticks	
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Peanut Butter	Cheese Cubes			

*whole grain or whole grain rich must be served once per day

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****Yogurt must contain no more than 23 grams of sugar per 6 oz.

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-4	T-4	W-4	Th-4	F-4
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Berries	Grapes	Peaches	Hashbrowns	Mandarin Oranges
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Toast		*French Toast (w-grain)		Hot cereal
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Boiled Eggs		Ham	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.					
fruit	1/2 C.	1/2 C.	3/4 C.	Grapes	Peaches	Plums	Plums	Pears
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Banana Bread	*WW Raisin Toast	*WW Tortilla		*WW English Muffin
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese	Yogurt	
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheddar Cheese slices	HM Chicken Nuggets	Deli Meat	Chicken	Ground Beef
vegetable	1/8 C.	1/4 C.	1/2 C.	HM Veg. Soup	Tator Tots	Spinach	Lettuce/Tomato	Peas
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Bananas	Oranges	Olives	Beans	Peaches
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Saltines	*WW Roll	*WW Bread	*WW Tortilla	Corn Bread
additional food (optional)								
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.			Milk		
vegetable	1/2 C.	1/2 C.	3/4 C.					
fruit	1/2 C.	1/2 C.	3/4 C.	Pineapple			Pears	
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW crackers	Bun	HM Mac & Cheese		*WW Bun
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Hot Dog		Cottage Cheese (dbl)	Ground Beef
SUPPER (5 groups)								(Sloppy Joe)
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Tuna/Cheese	Turkey	Pork Spare Ribs	Fish	Sausage/Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Celery	Asparagus	Baked Potato	Beets	Hash Brown Potatoes
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Carrots	Mashed Potatoes	Green Beans	Zucchini	Apple Slices
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Bread	*WW Bun	Bread	*WW Bread	French Toast
additional food (optional)								
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					Milk
vegetable	1/2 C.	1/2 C.	3/4 C.	Edamame				
fruit	1/2 C.	1/2 C.	3/4 C.				100% Juice	Watermelon
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		*WW Crackers	*WW Bagel		
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Yogurt	Hummus	Peanut Butter	Snack Crackers	

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****Yogurt must contain no more than 23 grams of sugar per 6 oz.

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-5	T-5	W-5	TH-5	F-5
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Pears	Cantaloupe	Grapes	Tomato, Olives, Onions	Tomato
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Corn Muffin		Biscuit		*WW Bagel
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cottage Cheese (dbl)		Eggs	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.		Milk			
vegetable	1/2 C.	1/2 C.	3/4 C.	Tomatoes				
fruit	1/2 C.	1/2 C.	3/4 C.				Mandarin Oranges	Fruit Cocktail
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		***Cold Cereal	*WW Toast	*WW Crackers	Cinnamon Toast
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cottage Cheese (dbl)		Egg		
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken	Ground Beef	Corn Dog (CN)	Beef	Tuna/Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Mashed Potatoes	Tomato Sauce	HM French Fries	Refried Beans	Corn
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Pineapple	Fruit Cocktail	Peaches	Apple Slices	Apple slices
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW English Muffins	*WW Spag. Noodles	Corn Dog Wrap (CN)	*WW Tortilla	*WW Bread
additional food (optional)							Cheese	
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.			Milk		
vegetable	1/2 C.	1/2 C.	3/4 C.				Tomato	Carrots/Celery
fruit	1/2 C.	1/2 C.	3/4 C.		Watermelon	Orange slices		
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Flour Tortilla	Bagel		Bread	
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese				Peanut Butter/Cheese
SUPPER (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Pork	Salmon	Tuna/Cheese	Tilapia	Chicken
vegetable	1/8 C.	1/4 C.	1/2 C.	Broccoli	Beans	Peas/Carrots	Mixed Vegetables	Sweet Potatoes
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Applesauce	Peas	Corn	Asparagus	Apple Slices
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*W-Grain Bread	*W-Grain Pasta	*W-Grain Bread	*Brown Rice	*Brown Rice
additional food (optional)								
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.				Milk	
vegetable	1/2 C.	1/2 C.	3/4 C.		Lettuce/Spinach Salad	Tomato Soup		
fruit	1/2 C.	1/2 C.	3/4 C.	Cantaloupe			Oranges	
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Pancake		*WW Saltines		*WW Crackers
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese Chunks			Hummus

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****Yogurt must contain no more than 23 grams of sugar per 6 oz.

BREAKFAST (3 groups **)	1-2 YR.	3-5 YR.	6-12 YR.	M-6	T-6	W-6	TH-6	F-6
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
fruit or vegetable	1/4 C.	1/2 C.	1/2 C.	Apple Slices	Strawberries	Mandarin Oranges	Fruit Cocktail	Applesauce
cereal and/or bread equivalent OR	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	WW Cinnamon Toast		*Brown Rice		*W-grain English Muffin
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Yogurt		Eggs	
AM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.	Milk		Milk		
vegetable	1/2 C.	1/2 C.	3/4 C.					
fruit	1/2 C.	1/2 C.	3/4 C.	Strawberries	Blueberries	Banana	100% Juice	Grapes
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.				Goldfish Crackers	*WW Raisin Toast
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cottage Cheese (dbl)			
LUNCH (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Cheese/beans	Eggs	Beans	Roast Beef	Almond Butter/Cheese
vegetable	1/8 C.	1/4 C.	1/2 C.	Carrots/Celery	Celery	Celery/carrots	Spag. Squash	Carrots
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Cucumbers	Carrots	Apple Slices	Baked Potato	Blueberries
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Pasta	*WW Bread	*WW Crackers	Biscuits	*WW Bread
additional food (optional)					(Sandwich)			
PM SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.	Milk				
vegetable	1/2 C.	1/2 C.	3/4 C.				Carrots	Tomato Soup
fruit	1/2 C.	1/2 C.	3/4 C.			Berries		
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	Pumpkin Bread	*W-Grain Corn Chips			*WW Saltines
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese	Yogurt	Hummus	
SUPPER (5 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	3/4 C.	1 C.	Milk	Milk	Milk	Milk	Milk
meat and/or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Chicken	Salmon	Tofu	Ground Beef	Ham
vegetable	1/8 C.	1/4 C.	1/2 C.	Baked Potato	Green Beans	Asparagus	Coleslaw	Beets
fruit or vegetable	1/8 C.	1/4 C.	1/4 C.	Spinach	Squash	Egg Plant	Zucchini	Scalloped Potatoes
bread or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.	*WW Bread	*Brown Rice	*WW Bread	*WW Bun	Corn Bread
additional food (optional)								
EVENING SNACK (2 groups)								
fluid milk (1yr: whole; 2-12: 1% or skim)	1/2 C.	1/2 C.	1 C.					
vegetable	1/2 C.	1/2 C.	3/4 C.	Bell Peppers	Cucumber		Raw veggies	Cucumber
fruit	1/2 C.	1/2 C.	3/4 C.			Kiwi		
bread, cereal or equivalent	1/4C or 1/2sl.	1/3C.or 1/2sl.	3/4C.or 1 sl.		Toast		*WW Cracker	Cheese Cubes
meat and/or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Sticks		Boiled Egg		

*whole grain or whole grain rich must be served once per day

**Meat/meat alt. for Breakfast no more than 3 times per week

***Breakfast cereals must contain no more than 6 grams of sugar per dry oz.

****Yogurt must contain no more than 23 grams of sugar per 6 oz.