

Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M.Snack: 2 of 5 components</b>	<b>A.M.Snack: 2 of 5 components</b>	<b>A.M.Snack: 2 of 5 components</b>	<b>A.M.Snack: 2 of 5 components</b>	<b>A.M.Snack: 2 of 5 components</b>
<b>Oat Cereal</b>	<b>Breakfast: French Toast</b>	<b>Breakfast: Bran Cereal</b>	<b>Breakfast: Waffles</b>	<b>Breakfast: Oatmeal</b>
M/MA:	M/MA:	M/MA:	M/MA:	M/MA:
F/V: Bananas	F/V: Apple Sauce	F/V: Strawberries	F/V: Diced Pears	F/V: Oranges
G/B: Oat Cereal	G/B: French Toast	G/B: Bran Cereal	G/B: Waffles	G/B: Oatmeal
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
<b>Lunch: Turkey Sandwiches</b>	<b>Lunch: Chicken Tenders</b>	<b>Lunch: Hot Dogs</b>	<b>Lunch: Tomatoe Soup</b>	<b>Lunch: Cheesy Pasta</b>
M/MA: Turkey	M/MA: Chicken	M/MA: Beef Hot Dogs	M/MA: Tomatoes	M/MA: Ground Beef
F: Grapes	F: Diced Peaches	F: Oranges	F: Apples	F: Mixed Fruit
V: Corn	V: Broccoli	V: Mixed Vegetables	V: Cauliflower	V: Green Beans
G/B: Wheat Bread	G/B: Rice	G/B: Tater Tots	G/B: Wheat Crackers	G/B: Wheat Pasta
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
<b>Snack: Animal Crackers</b>	<b>Snack: Goldfish</b>	<b>Snack: Rice Cakes</b>	<b>Snack: Muffins</b>	<b>Snack: Strawberries and Bananas</b>
Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components	Serve 2 of 5 components
M/MA:	M/MA:	M/MA:	M/MA:	M/MA:
F/V:	F/V:	F/V: Cucumbers	F/V: Blueberries	F: Strawberries and Bananas
G/B: Animal Crackers	G/B: Goldfish	G/B: Rice Cakes	G/B: Muffins	G/B:
Other: 100% Fruit Juice	Other: Water	Other: 100% Fruit Juice	Other: Whole or 1%	Other: 100% Fruit Juice
M/MA: Meat/Meat Alternate -- may be served in place of the entire grains component at breakfast a maximum of 3 times/week.				
F: Fruit -- may substitute fruit with an additional serving of vegetable at lunch and supper.				
V: Vegetable -- when two vegetables are served, they must be two different kinds of vegetables.				
G/B: Grain/Bread -- at least one serving of grains per day must be whole grain (WG) rich.				
*Milk: Age 1 yr.-unflavored whole milk; 2-5 yrs.-unflavored low-fat mile or unflavored fat-free milk;				
6 yrs+ - unflavored low-fat milk or unflavored fat-free milk or flavored fat-free milk.				
Other: Additionl items served but not necessary to meet meal pattern requirements.				