

	Tuesday	Wednesday	Thursday	Friday
A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components	A.M.Snack: 2 of 5 components
Breakfast: Oat Cereal	Breakfast: Pancakes	Breakfast: Wheat Bagels	Breakfast: Waffles	Breakfast: Rice Cereal
M/MA:	M/MA:	M/MA:	M/MA:	M/MA:
F/V: Bananas	F/V: Apple Sauce	F/V: Sliced Apples	F/V: Diced Pears	F/V: Banana
G/B: Oat Cereal	G/B: Pancakes	G/B: Wheat Bagels	G/B: Waffles	G/B: Rice Cereal
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
Lunch: Hamburgers and Fries	Lunch: Cheese Pizza	Lunch: Chicken Wraps	Lunch: Turkey Sandwiches	Lunch: Spaghetti and Meatballs
M/MA: Hamburgers	M/MA: Cheese	M/MA: Chicken	M/MA: Turkey	M/MA: Meatballs
F: Sliced Apples	F: Cantalope	F: Orange Slices	F: Pineapples	F: Red Grapes
V: Sliced Carrots	V: Mixed Vegetables	V: Broccoli	V: Green Peas	V: Green Beans
G/B: French Fries	G/B:	G/B: Wheat Taco Shell	G/B: Wheat Bread	G/B: Spaghetti
Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*	Milk: Whole or 1%*
Snack: Yogurt	Snack: Graham Crackers	Snack: Carrots and Celery	Snack: Fruit Cocktail	Snack: Goldfish
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:Diced Peaches	F/V: Grapes	F/V:	F/V:	F/V: Strawberries
G/B:	G/B:	G/B:Wheat Crackers	G/B: Oatmeal Cookies	G/B: Goldfish
Other: Water	Other: 100% Fruit Juice	Other: 100% Fruit Juice	Other: Whole or 1%	Other: Water
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 milk or unflavored fat-free milk;				
6 yrs+ - unflavored low-fat milk or unflavored fat-free milk or flavored fat-free milk.				
Other: Additional items served but not necessary to meet meal pattern requirements.				