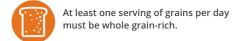
MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk#	1 cup					
	Vegetables/Fruits	1/2 cup					
	Grains/Meats ⁺	2 oz eq					
LUNCH	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
	Fruits*	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
SNACK	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					

⁺ Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruits component at lunch may be substituted by a second, different vegetable. # Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal. oz eq = ounce equivalents















MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
	Fruits*	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
	Fluid Milk#	1 cup					
	Fruits	1/2 cup					
SNACK	Vegetables	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					
SUPPER	Fluid Milk#^	1 cup					
	Vegetables	1/2 cup					
	Fruits*	1/2cup					
	Grains	2 oz eq					
	Meat/Meat Alternates	2 oz eq					

^{*} The fruits component at lunch and/or supper may be substituted by a second, different vegetable. A serving of milk is optional at supper meals for adults.

Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

oz eq = ounce equivalents





At least one serving of grains per day must be whole grain-rich.







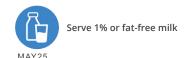




MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					
	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
LUNCH	Fruits*	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
	Fluid Milk#	1 cup					
PM SNACK	Vegetables	1/2 cup					
	Fruits	1/2 cup					
	Grains	1 oz eq					
	Meats/Meat Alternates	1 oz eq					

^{*} The fruits component at lunch may be substituted by a second, different vegetable.

oz eq = ounce equivalents















[#] Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

MEAL	COMPONENT	ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk#	1 cup					
	Vegetables/Fruits	1/2 cup					
	Grains/Meats⁺	2 oz eq					
	Fluid Milk#	1 cup					
	Vegetables	1/2 cup					
LUNCH	Fruits*	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					
	Fluid Milk#^	1 cup					
	Vegetables	1/2 cup					
SUPPER	Fruits*	1/2 cup					
	Grains	2 oz eq					
	Meats/Meat Alternates	2 oz eq					

⁺ Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruits component at lunch may be substituted by a second, different vegetable. # Six ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal. oz eq = ounce equivalents



