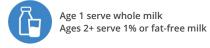
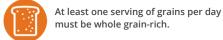
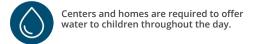
MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup					
	Grains/Meats⁺	1/2 oz eq	1/2 oz eq					
	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
LUNCH	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
SNACK	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 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. oz eq = ounce equivalents









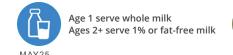


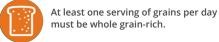




MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
SNACK	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					
	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
SUPPER	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					

^{*} The fruits component at lunch and/or supper may be substituted by a second, different vegetable. oz eq = ounce equivalents











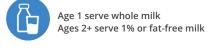


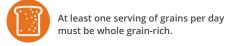


MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					
	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
LUNCH	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
PM SNACK	Fruits	1/2 cup	1/2 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					

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

oz eq = ounce equivalents















MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables/Fruits	1/4 cup	1/2 cup					
	Grains/Meats ⁺	1/2 oz eq	1/2 oz eq					
	Fluid Milk	1/2 cup	3/4 cup					
	Vegetables	1/8 cup	1/4 cup					
LUNCH	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq					
	Fluid Milk	1/2 cup	3/4 cup					
SUPPER	Vegetables	1/8 cup	1/4 cup					
	Fruits*	1/8 cup	1/4 cup					
	Grains	1/2 oz eq	1/2 oz eq					
	Meats/Meat Alternates	1 oz eq	1 1/2 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 and/or supper may be substituted by a second, different vegetable. oz eq = ounce equivalents

