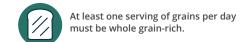
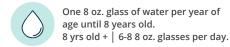
		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat ⁺	1 oz eq					
	Milk	1 cup					
	Fruit*	1/2 cup					
LUNCH	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
SNACK	Milk	1 cup					
	Vegetable	3/4 cup					
	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

^{*} Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable. oz eq = ounce equivalents









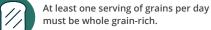


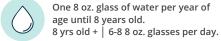
MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk	1 cup					
	Fruit*	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
	Milk	1 cup					
	Vegetable	3/4 cup					
SNACK	Fruit	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
SUPPER	Milk	1 cup					
	Fruit*	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

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









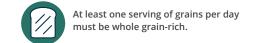


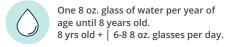


MEAL	COMPONENT	AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk	1 cup					
	Fruit	3/4 cup					
	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
	Milk	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
PM SNACK	Milk	1 cup					
	Fruit	3/4 cup					
	Vegetable	3/4 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

^{*} Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch and/or supper may be substituted by a second vegetable. oz eq = ounce equivalents











		AGES 6-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat ⁺	1 oz eq					
	Milk	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					
SUPPER	Milk	1 cup					
	Vegetable	1/2 cup					
	Fruit	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	2 oz					

^{*} Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable. oz eq = ounce equivalents



