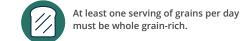
		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk#	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 oz eq					
	Milk#	1 cup					
LUNCH	Vegetable	1/2 cup					
	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					

Offer versus serve is an option for adult participants

[†] 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. # 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	Milk#	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1oz					
SUPPER	Milk#^	1 cup					
	Vegetable	1/2 cup					
	Fruit*	1/2cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					

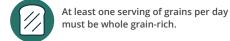
Offer versus serve is an option for adult participants

* 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.

* 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.











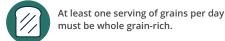


		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1 oz					
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
PM SNACK	Milk#	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	1 oz eq					
	Meat/Meat Alternate	1oz					

Offer versus serve is an option for adult participants + 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.

[#] 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.











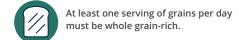


		ADULT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk#	1 cup					
	Fruit/Vegetable	1/2 cup					
	Grain/Meat+	1 oz eq					
	Milk#	1 cup					
	Vegetable	1/2 cup					
LUNCH	Fruit*	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					
SUPPER	Milk#^	1 cup					
	Fruit	1/2 cup					
	Vegetable	1/2 cup					
	Grain	2 oz eq					
	Meat/Meat Alternate	2 oz					

Offer versus serve is an option for adult participants

[#] 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











^{*} 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.

A serving of milk is optional at supper meals for adults.