



# Sample Menu

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Roasted Potatoes	Blueberries	Mandarin Oranges	Mixed Berries
	Grain/Meat <sup>1</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	<b>Whole Grain-Rich Cereal</b>	Scrambled Eggs	<b>Whole Grain-Rich Pancakes</b>	Toasted English Muffin	Cream of Wheat
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Spaghetti Sauce	Broccoli	Peas	Sweet Potato Fries	Creamy Cole Slaw
	Fruit <sup>2</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Strawberries	Cantaloupe	Watermelon	Tomato
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Spaghetti Noodles	<b>Whole Grain-Rich Brown Rice</b>	Whole Grain Elbow Noodles	Whole Grain Bun	<b>Whole Grain-Rich Tortilla</b>
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Beef Meatballs	Flaky Baked Chicken Strips	Mac & Cheese	Hamburger Patty	Tortilla Chicken Wrap
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		Fruit Salsa		Grapes	Apple Sauce
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Celery Sticks		Carrot Sticks		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Whole Grain Pita Chips		<b>Whole Grain-Rich Crackers</b>	Pretzel Sticks
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Peanut Butter <sup>4</sup>		Hummus		

<sup>1</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>2</sup> The fruit component at lunch may be substituted by an additional vegetable. <sup>3</sup> A serving of milk is not required at supper meals for adults. <sup>4</sup> Use a peanut alternative if you have nut allergies. oz eq = ounce equivalents

