

This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes. **Menu subject to change**

| Breakfast <sup>1</sup>  | Monday                    | Tuesday  | Wednesday                                 | Thursday           | Friday                      |
|---|---------------------------|--|---|--------------------|-----------------------------|
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                      | Milk   | Milk                                      | Milk               | Milk                        |
| <b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>   | Orange slices             | Applesauce                                     | Orange juice                              | Peaches            | Orange juice or applesauce  |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat breakfast cereal (¼ cup) <sup>7, 9</sup>                | Cheerios (WGR)            | Pancakes (WGR)                                 | Life Cereal (WGR)                         | Waffles (enriched) | Oat bran muffin (enriched)) |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                           |  |   |                    |                             |
| Lunch <sup>1</sup>  | Monday                    | Tuesday  | Wednesday                                 | Thursday           | Friday                      |
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                      | Milk   | Milk                                      | Milk               | Milk                        |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (¼ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (½ cup) | Cheese Ravioli in sauce   | Hamburg Sliders with cheese on bun             | Baked Macaroni & Cheese (low fat cheddar) | Breaded Chicken    | Meatballs in gravy          |
| <b>Vegetables</b> (½ cup) <sup>2, 3</sup>   | Peas & Carrots            | Oven French fried                              | Broccoli                                  | Mixed vegetables   | Green beans                 |
| <b>Fruits</b> (½ cup) <sup>2, 4, 15</sup>   | Peaches                   | Fruit mix                                      | Peaches                                   | Pears              | Pineapple                   |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¼ cup) <sup>7, 9</sup>                                | Corn bread sq. (enriched) | Bun (enriched)                                 | Shells (WGR)                              | Brown Rice (WGR)   | Brown Rice (WGR)            |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                           |  |   |                    |                             |
| Snack (AM or PM) <sup>1, 16</sup> <b>Select 2 of 5</b>  | Monday                    | Tuesday  | Wednesday                                 | Thursday           | Friday                      |
| <b>1. Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>   | Milk                      | Milk   |   | Milk               | Milk                        |
| <b>2. Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (1/4 cup)                               | Cheese slice              |  | Yogurt                                    |                    |                             |
| <b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>  |                           |  |   |                    |                             |
| <b>4. Fruits</b> (½ cup) <sup>2, 4</sup>  |                           |  | Pineapple                                 | Strawberries       | Apple slices or applesauce  |
| <b>5. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (¼ cup) <sup>7, 9</sup>  | Ritz crackers (enriched)  | Trail mix (mix of cereal & raisins) (enriched) |   |                    |                             |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                           |  |   |                    |                             |

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| <b>Breakfast <sup>1</sup></b>   | <b>Monday</b>              | <b>Tuesday</b>             | <b>Wednesday</b> | <b>Thursday</b>                                | <b>Friday</b>             |
|---|----------------------------|----------------------------|------------------|--|---------------------------|
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  |                            | Milk                       | Milk             | Milk   | Milk                      |
| <b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>   |                            | Orange juice               | orange juice     | Applesauce                                     | Banana                    |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat breakfast cereal (¼ cup) <sup>7, 9</sup>                | <b>CLOSED Columbus Day</b> | French toast sticks (WGR)  | Cheerios (WGR)   | Pancake (WGR)                                  | Life Cereal (WGR)         |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                            |                            |                  |  |                           |
| <b>Lunch <sup>1</sup></b>   | <b>Monday</b>              | <b>Tuesday</b>             | <b>Wednesday</b> | <b>Thursday</b>                                | <b>Friday</b>             |
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  |                            | Milk                       | Milk             | Milk   | Milk                      |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (¼ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (½ cup) | <b>CLOSED Columbus Day</b> | Meatballs in sauce         | Breaded fish sq. | Grilled Cheese Sandwich (1 oz American cheese) | Cheese lasagna (WGR)      |
| <b>Vegetables</b> (½ cup) <sup>2, 3</sup>   |                            | broccoli                   | Corn             | Carrots  | Garden Salad              |
| <b>Fruits</b> (½ cup) <sup>2, 4, 15</sup>   |                            | apple                      | Peaches          | Pears  | Peaches                   |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¼ cup) <sup>7, 9</sup>                                |                            | Penne (WGR)                |                  | Bread (enriched)                               | Noodle WGR)               |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                            |                            | Mashed potatoes  | Chicken noodle soup                            |                           |
| <b>Snack (AM or PM) <sup>1, 16</sup> Select 2 of 5</b>  | <b>Monday</b>              | <b>Tuesday</b>             | <b>Wednesday</b> | <b>Thursday</b>                                | <b>Friday</b>             |
| <b>1.Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  |                            | Milk                       |                  | Milk   |                           |
| <b>2.Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (1/4 cup)                                | <b>CLOSED Columbus Day</b> |                            | yogurt           |  |                           |
| <b>3.Vegetables</b> (½ cup) <sup>2, 3</sup>   |                            |                            |                  |  |                           |
| <b>4.Fruits</b> (½ cup) <sup>2, 4</sup>   |                            |                            | Pineapple        | Apple sauce                                    | Apple juice               |
| <b>5.Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (¼ cup) <sup>7, 9</sup>   |                            | Graham crackers (enriched) |                  |  | Wheat thin crackers (WGR) |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                            |                            |                  |  |                           |

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| <b>Breakfast <sup>1</sup></b>   | <b>Monday</b>                            | <b>Tuesday</b>            | <b>Wednesday</b>                              | <b>Thursday</b>            | <b>Friday</b>               |
|---|--|---------------------------|---|----------------------------|-----------------------------|
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                                     | Milk                      | Milk  | Milk                       | Milk                        |
| <b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>   | Orange slices                            | Apple sauces              | Apple slices                                  | Orange juice               | Orange slices               |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat breakfast cereal (¼ cup) <sup>7, 9</sup>                | Life Cereal (WGR)                        | Oatmeal (WGR)             | Blueberry muffin (enriched)                   | Rice chex (WGR))           | Cheerios (WGR)              |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |  |                           |   |                            |                             |
| <b>Lunch <sup>1</sup></b>   | <b>Monday</b>                            | <b>Tuesday</b>            | <b>Wednesday</b>                              | <b>Thursday</b>            | <b>Friday</b>               |
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                                     | Milk                      | Milk  | Milk                       | Milk                        |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (¼ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (½ cup) | Baked Macaroni & Cheese (cheddar cheese) | Breaded Fish sq.          | Breaded chicken patty                         | Pasta & Meatballs in sauce | Egg & Cheese on eng. muffin |
| <b>Vegetables</b> (½ cup) <sup>2, 3</sup>   | Broccoli                                 | Corn                      | Mixed vegetables                              | Broccoli                   | Green beans                 |
| <b>Fruits</b> (½ cup) <sup>2, 4, 15</sup>   | Peaches                                  | Apricots                  | Pineapple                                     | Pears                      | Pineapple                   |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¼ cup) <sup>7, 9</sup>                                | Penne (WGR)                              | Bread & butter (enriched) | Brown rice (WGR)<br>Breeding on Chicken (WGR) | Pasta (WGR)                | English muffin (enriched)   |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |  | Mashed potatoes           |   |                            | Seasoned potatoes           |
| <b>Snack (AM or PM) <sup>1, 16</sup> Select 2 of 5</b>  | <b>Monday</b>                            | <b>Tuesday</b>            | <b>Wednesday</b>                              | <b>Thursday</b>            | <b>Friday</b>               |
| <b>1.Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                                     | Milk                      |   |                            | Milk                        |
| <b>2.Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (1/4 cup)                                |  |                           |   | Yogurt                     |                             |
| <b>3.Vegetables</b> (½ cup) <sup>2, 3</sup>   |  |                           |   |                            |                             |
| <b>4.Fruits</b> (½ cup) <sup>2, 4</sup>   |  | Apple                     | Apple Juice                                   | Peaches                    | Applesauce                  |
| <b>5.Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (¼ cup) <sup>7, 9</sup>   | Graham crackers (enriched)               |                           | Wheat thin crackers (WGR)                     |                            |                             |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |  |                           |   |                            |                             |

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| <b>Breakfast</b> <sup>1</sup>   | <b>Monday</b>                      | <b>Tuesday</b>                    | <b>Wednesday</b>                         | <b>Thursday</b>           | <b>Friday</b>                                  |
|---|------------------------------------|-----------------------------------|--|---------------------------|--|
| <b>Milk</b> (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2   | Milk                               | Milk                              | Milk                                     | Milk                      | Milk   |
| <b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>   | Orange slices                      | Applesauce                        | Orange juice                             | Applesauce                | Orange juice                                   |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat breakfast cereal (¼ cup) <sup>7, 9</sup>                | Cheerios (WGR))                    | Oatmeal (WGR)                     | Life Cereal (WGR)                        | Pancake (WGR)             | Rice Chex Cereal (enriched)                    |
| Other foods (Do not credit) <sup>10</sup>   |                                    |                                   |  |                           |  |
| <b>Lunch</b> <sup>1</sup>   | <b>Monday</b>                      | <b>Tuesday</b>                    | <b>Wednesday</b>                         | <b>Thursday</b>           | <b>Friday</b>                                  |
| <b>Milk</b> (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2   | Milk                               | Milk                              | Milk                                     | Milk                      | Milk   |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (¼ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (½ cup) | Grilled chicken with Alfredo sauce | Hamburger slider w. cheese on bun | Meatballs in sauce                       | Chicken stir fry          | Grilled cheese Sandwich (1 oz American cheese) |
| <b>Vegetables</b> (½ cup) <sup>2, 3</sup>   | Broccoli                           | Corn                              | Green beans                              | Oriental vegetables       | Mixed vegetables                               |
| <b>Fruits</b> (½ cup) <sup>2, 4, 15</sup>   | Peaches                            | Pineapple                         | Pears                                    | Apricots                  | Mixed fruit                                    |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¼ cup) <sup>7, 9</sup>                                | Penne (WGR)                        | Bun (enriched)                    | Corn bread sq. (enriched)<br>Pasta (WGR) | Bread & butter (enriched) | Wheat Bread (WGR)                              |
| Other foods (Do not credit) <sup>10</sup>   |                                    | Oven French fries                 |  |                           | Tomato soup                                    |
| <b>Snack (AM or PM)</b> <sup>1, 16</sup> <b>Select 2 of 5</b>   | <b>Monday</b>                      | <b>Tuesday</b>                    | <b>Wednesday</b>                         | <b>Thursday</b>           | <b>Friday</b>                                  |
| <b>1.Milk</b> (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2   | Milk                               | Milk                              |  | Milk                      | Milk   |
| <b>2.Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (1/4 cup)                                |                                    |                                   | Vanilla yogurt                           |                           |  |
| <b>3.Vegetables</b> (½ cup) <sup>2, 3</sup>   |                                    |                                   |  |                           |  |
| <b>4.Fruits</b> (½ cup) <sup>2, 4</sup>   |                                    | Orange slices                     | Pineapple chunks                         |                           | Apple slices                                   |
| <b>5.Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (¼ cup) <sup>7, 9</sup>   | Oat bran muffin (enriched)         |                                   |  | Graham crackers           |  |
| Other foods (Do not credit) <sup>10</sup>   |                                    |                                   |  |                           |  |

**Menu subject to change**

| <b>Breakfast</b> <sup>1</sup>   | <b>Monday</b>               | <b>Tuesday</b>                           | <b>Wednesday</b>           | <b>Thursday</b>                           | <b>Friday</b>                                 |
|---|-----------------------------|--|----------------------------|---|---|
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                        | Milk                                     | Milk                       | Milk                                      | Milk  |
| <b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>   | Applesauce                  | Orange juice                             | Applesauce                 | Banana                                    | Orange juice                                  |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat breakfast cereal (¼ cup) <sup>7, 9</sup>                | French Toast sticks (WGR)   | Blueberry Muffin (enriched)              | Oatmeal (WGR)              | Life Cereal (WGR)                         | Cheerios (WGR)                                |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                             |  |                            |   |   |
| <b>Lunch</b> <sup>1</sup>   | <b>Monday</b>               | <b>Tuesday</b>                           | <b>Wednesday</b>           | <b>Thursday</b>                           | <b>Friday</b>                                 |
| <b>Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  | Milk                        | Milk                                     | Milk                       | Milk                                      | Milk  |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (¼ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (½ cup) | Egg & Cheese on Eng. Muffin | Cheese lasagna (WGR)                     | Breaded fish               | Baked Macaroni & Cheese (low fat cheddar) | Breaded chicken                               |
| <b>Vegetables</b> (⅓ cup) <sup>2, 3</sup>   | Green beans                 | Mixed vegetable                          | Corn                       | Broccoli                                  | Garen salad                                   |
| <b>Fruits</b> (⅓ cup) <sup>2, 4, 15</sup>   | Pineapple                   | Peaches                                  | Pineapple                  | Peaches                                   | Apricots                                      |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¼ cup) <sup>7, 9</sup>                                | English Muffin (enriched)   | Noodle (WGR)<br>Corn bread sq.(enriched) | Bread & butter (enriched)  | Shells (WGR)                              | Brown Rice (WGR)<br>Bread & butter (enriched) |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  | Seasoned potatoes           |  | Mashed potatoes            | Corn bread sq.                            |   |
| <b>Snack (AM or PM)</b> <sup>1, 16</sup> <b>Select 2 of 5</b>   | <b>Monday</b>               | <b>Tuesday</b>                           | <b>Wednesday</b>           | <b>Thursday</b>                           | <b>Friday</b>                                 |
| <b>1.Milk</b> (½ cup) <i>Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2</i>  |                             | Milk                                     | Milk                       | Milk                                      |   |
| <b>2.Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>12</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (⅓ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas (⅓ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>13</sup> <b>or</b> yogurt or soy yogurt <sup>14</sup> (1/4 cup)                                | Low fat yogurt              |  |                            |   | Slice of cheese                               |
| <b>3.Vegetables</b> (½ cup) <sup>2, 3</sup>   |                             |  |                            |   |   |
| <b>4.Fruit</b> (½ cup) <sup>2, 4</sup>  | strawberries                | Applesauce                               |                            |   | Apple slices                                  |
| <b>5.Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal (¼ cup) <sup>7, 9</sup>   |                             |  | Graham crackers (enriched) | Oat bran muffin (enriched)                |   |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |                             |  |                            |   |   |

**Menu subject to change**