



Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
<b>Breakfast</b>	Fruit/Vegetable	¼ cup	½ cup	tropical fruit	peaches	banana	fresh strawberries	pears
	Grain/Meat	½ oz eq	½ oz eq	cheerio	cinnamon oatmeal	turkey sausage w/ homefries	waffles	kix
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
	Fruit	1/8 cup	¼ cup	mixfruit	blackberries	fresh pears	blackberries	grapes
<b>Lunch</b>	Vegetable	1/8 cup	¼ cup	broccoli	peas	sweet corn	cauliflower	roasted zucchini
	Grain	½ oz eq	½ oz eq	ritz cracker	curry rice	soft tortillas	macaroni noodles	garlic bread
	Meat/Meat Alternative	1 oz	1 ½ oz	tuna fish	baked bbq chicken breast	ground turkey tacos	bake Mac & cheese	Alfredo
	Milk	½ cup Whole	½ cup 2%	water	water	water	water	water
	Vegetable	½ cup	½ cup					
<b>Snack Pick 2</b>	Fruit	½ cup	½ cup		pineapples	mixfruit		bananas
	Grain	½ oz eq	½ oz eq	apple cinnamon rice crispy	goldfish	pretzels	tortilla chips	animal crackers
	Meat/Meat Alternative	½ oz	½ oz	vanilla yogurt			salsa	

