Week of: _____

| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | MONDAY | TUESDAY | WEDNESDAY | THURDAY | FRIDAY |
|--|-----------------------------------|--------------------------|-----------|--------|---------|-----------|---------|--------|
| BREAKFAST (all) | Milk* | ½ cup | ¾ cup | Milk | Milk | Milk | Milk | Milk |
| | Fruit/Vegetable | ¼ cup | ½ cup | | | | | |
| | Grain/Meat | ½ oz. eq. | ½ oz. eq. | | | | | |
| | | Infants (under one year) | | | | | | |
| LUNCH (all) | Milk* | ½ cup | ¾ cup | Milk | Milk | Milk | Milk | Milk |
| | Vegetable | 1/8 cup | ¼ cup | | | | | |
| | Fruit/Vegetable | 1/8 cup | ¼ cup | | | | | |
| | Grain | ½ oz. eq. | ½ oz. eq. | | | | | |
| | Meat/Meat Alternate | 1 oz. | 1 ½ oz. | | | | | |
| SNACK (2, if no milk, water will be served) | Milk* | ½ cup | ½ cup | | | | | |
| | Fruit | ½ cup | ½ cup | | | | | |
| | Vegetable | ½ cup | ½ cup | | | | | |
| | Grain | ½ oz. eq. | ½ oz. eq. | | | | | |
| | | Infants (under one year) | | | | | | |
| | Meat/ <mark>Meat</mark> Alternate | ½ oz. ½ oz. | | | | | | |

*Children up to 24 months receive whole milk. Those over 24 months receive 1% milk.

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