

The meal pattern (Attachment 1) must be followed unless there is a different amount listed by individual menu items. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk; Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat-free (skim) milk. Children 6 years old and older must be served unflavored or flavored low fat (1 percent) or fat-free (skim) milk. Substitutions require state office approval.

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Colby Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Applesauce	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)	Bagel <b>Cream Cheese</b>	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) <i>Butter or Marg. &amp; Jelly</i>
	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
<b>LUNC</b>	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fricassee de Pollo	Black Beans	*Picadillo	*Beefaroni	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes (Not Instant)	Platano Maduro (Plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Yuca (with mojo)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg.</i>	Rice	Brown Rice (100% whole grain)	Macaroni (in entrée)	Rice (in entrée)
	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk			
<b>SNACK</b>	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1oz)	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Peaches		Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread <i>Mayo &amp; Mustard</i>	Animal Crackers

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5.** \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item).