

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 Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice Chex Cereal (100% whole grain)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Berry Berry Kix Cereal (whole grain-rich)
	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
LUNCH	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Chicken	*Chicken Nuggets Ketchup	Spaghetti & Meat Sauce w/ Ground Turkey or Beef	*Fricassee de Pollo	Picadillo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Fresh Broccoli Florets Ranch Dip	Mixed Vegetables	Roasted New Potatoes	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon —no bananas/apples)	Red Beans	Steamed Baby Carrots
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	Macaroni & Cheese 100% Whole Grain Bread	Spaghetti (in entrée)	Brown Rice (100% whole grain)	Yellow Rice
	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				
SNACK	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz			Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		Applesauce
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Saltine Crackers Cream Cheese & Guava Paste	Banana Muffin		Graham Crackers (plain or honey)	Corn Muffin

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).