

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
<b>Meat/Meat Alternate</b>	Yogurt 4 oz				
<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Orange Juice	Banana (1 whole)
<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin <i>Butter or Marg. &amp; Jelly</i>	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fricassee de Pollo	Breaded Chicken Patty <i>Ketchup</i>	Spaghetti & Meat Sauce w/Ground Turkey or Beef	Baked Chicken	*Picadillo
<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>	Mixed Vegetables	Platano Maduro (plantains)	Yuca
<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Black Beans	Steamed Baby Carrots	Pears	Peaches	Mixed Vegetables
<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	Spaghetti (in entrée)	Brown Rice (100% Whole Grain)	*Congri
<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk	Milk	
<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz	Sliced Turkey (1 oz)	Cheddar Cheese Slice			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c					
<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c			Fresh Orange Wedges		
<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread		Saltine Crackers <i>Cream Cheese &amp; Guava Paste</i>	Graham Crackers (plain or honey)
<b>SNACK</b>					

**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).