

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 Three	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	Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Applesauce	Banana (1 whole)
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Original Cheerios (100% whole grain)	Whole Grain-Rich Raisin Bread (plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>
	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Patty	*Picadillo	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Arroz Amarillo con Pollo
LUNC	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Platanos Maduros (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Bun	Rice	Spaghetti (in entree)	Rice (in entree)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz		Sliced Turkey (1 oz)	Provolone Cheese Slice	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			100% Apple Juice		Fresh Orange Slices
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Animal Crackers	Crackers (whole grain-rich)	100% Whole Wheat Bread	Saltine 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).