

	Week 1	AGES	AGES	AGES					
	COMPONENT	1-2	3-5	6-12	Monday	September Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast	Milk	1/2 cup	3/4 cup	1 cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Oatmeal (Wg)	Pancakes	Animal Crackers	Life Cereal (Wg)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup		Applesauce	Bananas	Strawberries	Blueberries
	Extras						Syrup	Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz		American Cheese		American Cheese	Cheese Cubes
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Club Crackers	Frosted Mini Wheat (Wg)	Goldfish Crackers	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Oranges	Bananas	Grapes
Lunch	Milk	1/2 cup	3/4 cup	1 cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz		Creamy Cheese	Cheese Quesadilla Garbanzo Vegetable Soup	Beef	Grilled Turkey & Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Macaroni	Wheat Tortilla ✔ covered by Cheese Quesadilla 1	Spaghetti	Wheat Bread (Wg)
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Baked Beans	✔ covered by Garbanzo Vegetable Soup 2	Marinara Sauce	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup		Bananas	Apples	Melon	Mixed Fruit W/Peach
	Extras								Tomato Soup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz		Cheese, Beef, Refried Beans	Turkey & Cheese	Mozzarella Cheese	Beef Sloppy Joe
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Taco Shell (Wg) ✔ covered by Cheese, Beef, Refried Beans 1	Ritz Crackers	Pizza	White Bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Salsa	French Fries	Baked Beans	Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup		Oranges	Grapes	Apples	Watermelon
	Extras					Sour Cream	Ketchup		Ranch
	Notes								

1 Grain: 1/2 oz eq per serving (ages 3-5)

2 Vegetable: 1/4 cup per serving (ages 3-5)

This institution is an equal opportunity provider.

1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents · ** Select 2 of the 5 components for snack.

Week 2									
AGES									
COMPONENT									
1-2									
3-5									
6-12									
Monday 7					Tuesday 8				
Wednesday 9					Thursday 10				
Friday 11									
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	HOLIDAY: Labor Day	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Bagel	Pancakes	Cheerios Cereal (Wg)	Special-K Cereal (Wg)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup		Pears	Blueberries	Strawberries	Mandarines
	Extras					Cream Cheese	Syrup		
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz			String Cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Frosted Mini Wheat (Wg)	Graham Crackers (Wg)	Club Crackers	Animal Crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup					Carrots
	Fruit	1/2 cup	1/2 cup	3/4 cup		Oranges		Bananas	
Lunch	Milk	1/2 cup	3/4 cup	1 cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz		Chicken Noodle Soup, Egg	Cheese Cubes	Chicken Stir Fry	Beef Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Wheat Crackers (Wg) ✔ covered by Chicken Noodle Soup, Egg ¹	Garlic Bread Sticks	White Rice	Wheat Bread (Wg) ✔ covered by Beef Meatloaf ¹
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Garden Salad	Beet Vegetable Soup	Vegetables W/Mushroom ✔ covered by Chicken Stir Fry ²	Mashed Potato
	Fruit	1/8 cup	1/4 cup	1/4 cup		Grapes	Bananas	Melon	Mixed Fruit W/Peach
	Extras					Ranch	Sour Cream		Pickles
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz		Beef Sloppy Joe	Beef & Cheese Quesadilla	Turkey & Cheese	Mozzarella Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2		Hamburger Buns	Wheat Tortilla ✔ covered by Beef & Cheese Quesadilla ¹	Ritz Crackers	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Grape Tomatoes	Corn	Garden Salad	Baked Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup		Bananas	Apples	Tropical Fruit W/Pineapple	Watermelon
	Extras						Sour Cream	Ranch	
	Notes								

1 Grain: 1/2 oz eq per serving (ages 3-5)

2 Vegetable: 1/4 cup per serving (ages 3-5)

This institution is an equal opportunity provider.

1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents · ** Select 2 of the 5 components for snack.

Week 3		AGES	AGES	AGES					
COMPONENT		1-2	3-5	6-12	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Life Cereal (Wg)	Waffles	Special-K Cereal (Wg)	Bagel	Oatmeal (Wg)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Oranges	Bananas	Strawberries	Blueberries
	Extras					Syrup		Cream Cheese	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz				String Cheese	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Animal Crackers	Goldfish Crackers	Frosted Mini Wheat (Wg)	Ritz Crackers	Graham Crackers (Wg)
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Pineapple	Apples	Grapes		Apples
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo	Beef Barley Soup, Cheese	Creamy Cheese	Cheese Quesadilla	Scrambled Eggs
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Rotini (Wg)	Wheat Bread (Wg)	Macaroni	Wheat Tortilla ✔ covered by Cheese Quesadilla ¹ ✔ covered by Pea Soup With Oats (Wg) ¹	Pancakes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Cauliflower	Garden Salad	Baked Beans	Pea Soup With Oats (Wg)	Tater Tots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Melon	Mixed Fruit W/Peach
	Extras					Ranch			Syrup, Ketchup
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Cheese Sub	Cheese, Beef, Refried Beans	Chicken Mozzarella Wraps	Grilled Turkey & Cheese	Chicken Cheese Quesadilla
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Bun	Taco Shell (Wg) ✔ covered by Cheese, Beef, Refried Beans ¹	Wheat Tortilla ✔ covered by Chicken Mozzarella Wraps ¹	Wheat Bread (Wg)	Wheat Tortilla ✔ covered by Chicken Cheese Quesadilla ¹
	Vegetable	1/8 cup	1/4 cup	1/2 cup	French Fries	Lettuce	Corn	Cucumbers	Salsa
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit W/Guava	Grapes	Mixed Fruit W/Pear	Apples	Watermelon
	Extras					Sour Cream			Sour Cream
	Notes								

1 Grain: 1/2 oz eq per serving (ages 3-5)

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1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents · ** Select 2 of the 5 components for snack.

Week 4		AGES	AGES	AGES					
COMPONENT		1-2	3-5	6-12	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Cheerios Cereal (Wg)	Bagel	Rice Krispies Cereal (Wg)	Waffles	Life Cereal (Wg)
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Applesauce	Peaches	Bananas	Strawberries	Blueberries
	Extras					Cream Cheese		Syrup	
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz	String Cheese			Cheese Cubes	
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Graham Crackers (Wg)	Animal Crackers	Goldfish Crackers		Cheez It Crackers
	Vegetable	1/2 cup	1/2 cup	3/4 cup				Carrots	
	Fruit	1/2 cup	1/2 cup	3/4 cup		Apples	Grapes		Bananas
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Stir Fry	Chicken Noodle Soup, Egg	Beef	Grilled Cheese Lentil Vegetable Soup	Beef Meatloaf
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	White Rice	Wheat Crackers (Wg) ✔ covered by Chicken Noodle Soup, Egg 2	Whole Grain Penne (Wg)	Wheat Bread (Wg)	Wheat Bread (Wg) ✔ covered by Beef Meatloaf 2
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Vegetables W/Mushroom ✔ covered by Chicken Stir Fry 1	Garden Salad	Marinara Sauce	✔ covered by Lentil Vegetable Soup 1	Mashed Potato
	Fruit	1/8 cup	1/4 cup	1/4 cup	Peaches	Bananas	Pears	Melon	Mixed Fruit W/Pear
	Extras					Ranch			Pickles
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Cheese, Beef, Refried Beans	Turkey & Cheese Wrap	Creamy Cheese	Beef Sloppy Joe	Mozzarella Cheese
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla Chips (Wg) ✔ covered by Cheese, Beef, Refried Beans 2	Wheat Tortilla	Macaroni	Hamburger Buns	Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce	Cucumbers	Baked Beans	Grape Tomatoes	Baked Beans
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit W/Papaya	Oranges	Bananas	Apples	Watermelon
	Extras				Sour Cream				
	Notes								

1 Vegetable: 1/4 cup per serving (ages 3-5)

2 Grain: 1/2 oz eq per serving (ages 3-5)

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1 Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

2 oz eq = ounce equivalents · ** Select 2 of the 5 components for snack.

	Week 1	AGES	AGES	AGES					
	COMPONENT	1-2	3-5	6-12	Monday 28	Tuesday 29	Wednesday 30	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk		
	Meat&Alternates	1/2 oz eq1,2	1/2 oz eq1,2	1 oz eq1,2					
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Special-K Cereal (Wg)	Oatmeal (Wg)	Pancakes		
	Vegetable	1/4 cup	1/2 cup	1/2 cup					
	Fruit	1/4 cup	1/2 cup	1/2 cup	Peaches	Applesauce	Bananas		
	Extras						Syrup		
	Notes								
AM Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat&Alternates	1/2 oz	1/2 oz	1 oz		American Cheese			
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Tortilla Chips (Wg)	Club Crackers	Frosted Mini Wheat (Wg)		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Salsa				
	Fruit	1/2 cup	1/2 cup	3/4 cup			Oranges		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk		
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Turkey & Egg	Creamy Cheese	Cheese Quesadilla Garbanzo Vegetable Soup		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Fried Rice	Macaroni	Wheat Tortilla ✔ covered by Cheese Quesadilla ¹		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Garden Salad	Baked Beans	✔ covered by Garbanzo Vegetable Soup ²		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Bananas	Apples		
	Extras				Ranch				
	Notes								
Supper	Milk	1/2 cup	3/4 cup	1 cup	Unflavored Milk	Unflavored Milk	Unflavored Milk		
	Meat&Alternates	1 oz	1 1/2 oz	2 oz	Chicken Mozzarella Wraps	Cheese, Beef, Refried Beans	Turkey & Cheese		
	Grain	1/2 oz eq2	1/2 oz eq2	1 oz eq2	Wheat Tortilla ✔ covered by Chicken Mozzarella Wraps ¹	Taco Shell (Wg) ✔ covered by Cheese, Beef, Refried Beans ¹	Ritz Crackers		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cucumbers	Salsa	French Fries		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit W/Papaya	Oranges	Grapes		
	Extras					Sour Cream	Ketchup		
	Notes								

1 Grain: 1/2 oz eq per serving (ages 3-5)

2 Vegetable: 1/4 cup per serving (ages 3-5)

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2 oz eq = ounce equivalents · ** Select 2 of the 5 components for snack.