CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Graham Crackers

Week of: 08/31 -09/4, 10/05-09, 11/02-06, 11/30-12/04, 01/04-08* 2016, 02/01- 05, 02/29- 03/04, 04/04-08, 05/02- 06, 05/30- 06/03, 07/04-08, 08/01-05



	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk /Water	Milk /Water	Milk / Water	Milk / Water	Milk / Water
Breakfast	Vegetable/Fruit/Juice	Apple Sauce	Fruit	Fruit	Raisins	Banana
Brea	Grains/Breads	Rice Krispies	Grits	Cereal	Oatmeal	Chex Cereal
	Milk	Milk	Milk	Milk	Milk	Milk
oper	Meat/Meat Alternate	Chicken Nuggets	Hamburger	Spaghetti & Meat Sauce	BBQ Chicken	Turkey Sandwich
Lunch/Supper	Vegetable or Fruit	Green Beans	Mixed Fruit	Toss Salad	Black Beans	Rice/Vegetable Soup
Cune	Vegetable or Fruit	Pears		Fruit/Peaches	Pineapples	Apple Wedges
	Grains/Breads	Yellow Rice	Tater-tots	Dinner Roll	White Rice	
	Milk	Milk	Fruit Juice	Water	Water	Milk
k	Meat/Meat Alternate				Cheese Slices	
Snack	Vegetable/Fruit/Juice	Gold Fish Crackers	Corn Muffin	Apple Juice	Fruit Punch	Oatmeal cookies
U	Grains/Breads			Pretzels	Ritz Crackers	<i>Oaimeai cookies</i>
	Portions:	Age (1-3 yrs)	Age (3-6)	Portions:	Age (1-3 yrs)	Age (3-6)
	<u>Breakfast:</u>	<u>Breakfast:</u>	Breakfast:	Lunch:	Lunch:	Lunch:
	Milk 100% Juice, Fruit, or	¹ / ₂ cup ¹ / ₄ cup	³ /4 cup ¹ /2 cup	Milk	1/2 cup	<i>³/4 cup</i>
	Veg.	¹ / ₂ slice	^{1/2} cup ^{1/2} slice	Meat, Poultry, or Fish	1 oz.	$\frac{1}{1/2} 0 z.$
	Whole Wheat Bread,	/2 5000	/2 20000	Cheese	1 oz.	$1\frac{1}{2}$ oz
	Grain	1/2 0 Z.	¹ /2 0 Z.	Egg (Large)	1/2 egg	³ /4 egg
	Hot Cereal. Cold, Dry,			Cooked Dry Beans	¹ / ₄ cups	3/8 cup
	Hot, Cooked			Peanut Butter	2tbsp.	3 tbsp.
		<u>Snack:</u>	<u>Snack:</u>	Vegetable or Fruit	<i>¼ cup</i>	¹ /2 <i>cup</i>
	<u>Snack:</u>	¹ / ₂ cup	¹ / ₂ cup	Whole Grain/Bread	¹ / ₂ slice	1/2 slice
	Milk	¹ / ₂ cup	¹ / ₂ cup	or Rice or Pasta		
	Juice or Vegetable	¹ / ₂ 0Z.	¹ / ₂ 0Z.	Rice or Pasta	¹ /4 cup	¹ /4 cup
	Meat or Meat Alternate	¹ / ₂ 0Z.	1/2 0Z.			
	Cheese	¹ / ₂ egg	³ /4 egg			
	Egg(Large)	1/2 slice	¹ / ₂ slice			
	Whole Wheat Bread Cold, Dry, or Hot Cereal	¹ /4 cup	<i>1/3 cup</i>			

Week of: 09/07-11, 10/12-16, 11/09-13, 12/07-11, 01/11-15*2016, 02/08-12, 03/07-11, 04/11-15, 05/09-13, 06/06-10, 07/11-15, 08/08-12

Week 2

CHI	LDREN'S AGES <mark>1 – 5</mark> Y	EARS OLD	5 PM Snack: Asst. Grah	,	/09-13, 00/00-10, 07/1	
	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
	Vegetable/Fruit/Juice	Banana	Raisins	Apples	Sliced Oranges	Apple Sauce
Brea	Grains/Breads	Cornflakes	Oatmeal	Honey Nuts Cheerios	Grits	Kix Cereal
	Milk	Milk	Milk	Milk	Milk	
.L	Meat/Meat Alternate	Chicken Tenders	Meatballs	Fish Sticks	Chicken Breast	Hamburger
əddn	Vegetable or Fruit	Green Beans	Peas and Carrots	Broccoli	Corn	Sweet Potato
Lunch/Supper	Vegetable or Fruit	Peaches	Pears	Pineapple tibits	Fruit Cocktail	Apples
Lun	Grains/Breads		rears	Fineappie nous	Fruit Cockiaii	Hamburger buns
		Mashed Potato	Yellow Rice/ Bread	Macaroni and Cheese/ Bread	Rice	
	Milk	Water	Water	Water	Water	Water
<u></u>	Meat/Meat Alternate	Cheese				
Snack	Vegetable/Fruit/Juice	Juice	Apple Juice	Grape Juice	Apple Juice	Grape Juice
-	Grains/Breads	Saltine Crackers	Pretzels	Wheat Thins	Animal Crackers	Vanilla Wafers
	Portions:	Age (1-3 yrs)	Age (3-6)	Portions:	Age (1-3 yrs)	Age (3-6)
	Breakfast:	Breakfast:	Breakfast:	Lunch:	Lunch:	Lunch:
	Milk	¹ / ₂ cup	<i>3/4 cup</i>			
	100% Juice, Fruit, or	¹ /4 cup	¹ / ₂ cup	Milk	¹ / ₂ cup	³ /4 cup
	Veg.	¹ /2 <i>slice</i>	1/2 slice	Meat, Poultry, or Fish	1 oz.	1 ½ oz.
	Whole Wheat Bread,	1/	1/	Cheese East (Lange)	1 oz.	<u>1 ¹/2 oz</u>
	Grain	¹ / ₂ 0Z.	¹ / ₂ 0Z.	Egg (Large)	¹ / ₂ egg	³ /4 egg
	Hot Cereal. Cold, Dry, Hot, Cooked			Cooked Dry Beans Peanut Butter	¹ / ₄ cups 2tbsp.	3/8 cup 3 tbsp.
	Пої, Соокеа	<u>Snack:</u>	Snack:	Vegetable or Fruit	¹ / ₄ cup	¹ / ₂ cup
	Snack:	^{1/2} <i>cup</i>	<u>Snack:</u> ½ cup	Whole Grain/Bread	⁷⁴ cup ¹ / ₂ slice	¹ / ₂ slice
	Milk	^{1/2} cup	^{1/2} cup ^{1/2} cup	or Rice or Pasta	12 51100	12 5000
	Juice or Vegetable	¹ / ₂ 0 <i>z</i> .	1/2 OZ.	Rice or Pasta	¹ /4 cup	<i>¹/₄ cup</i>
	Meat or Meat Alternate	1/2 0Z.	1/2 0Z.		/+ Cup	/+ • • u p
	Cheese	1/2 egg	³ / ₄ egg			
	Egg(Large)	¹ / ₂ slice	1/2 slice			
	Whole Wheat Bread	¹ / ₄ cup	1/3 cup			
	Cold, Dry, or Hot Cereal	*	*		1	

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

Week of: 09/14-18, 10/19-23, 11/16-20, 12/14-18, 01/18-22*2016, 02/15-19, 03/14-18, 04/18-22, 05/16-20, 06/13-17, 07/18-22, 08/15-19



	Child meal pattern					
	food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Breakfast	Vegetable/Fruit/Juice	Orange Slices	Raisins	Cantaloupe	Fruits	Apples
Brea	Grains/Breads	Rice Krispies	Oatmeal	Cornflakes	Grits	Kix Cereal
	Milk	Milk	Milk	Milk	Milk	Milk
per	Meat/Meat Alternate	Chicken Fajita	Meatloaf	Mini Turkey Corndog	Meatballs	Tuna Salad
Lunch/Supper	Vegetable or Fruit	Corn	Mashed Potatoes	Baked Beans	Mixed Fruit	Grapes
nnc	Vegetable or Fruit	Mixed Fruits	Orange and Pineapples	Pear Wedges		Ritz Crackers
Γ	Grains/Breads	Spanish Rice	Dinner Rolls		Spaghetti	
	Milk	Water	Water	Water	Water	Water
ĸ	Meat/Meat Alternate					
Snack	Vegetable/Fruit/Juice	Apple Juice	Fruit Punch	Pineapple Juice	Apple Juice	Orange Juice
- 4	Grains/Breads	Blueberry Muffins	Goldfish Crackers	Pretzels	Cheez-It Crackers	Wheat Thins
	Portions:	Age (1-3 yrs)	Age (3-6)	Portions:	Age (1-3 yrs)	Age (3-6)
	<u>Breakfast:</u>	Breakfast:	Breakfast:	Lunch:	Lunch:	Lunch:
	Milk	¹ / ₂ cup	³ /4 <i>cup</i>	3.4.11	1/	2/
	100% Juice, Fruit, or	¹ /4 cup ¹ /2 slice	¹ / ₂ cup	Milk Mont Boulton on Eich	¹ / ₂ cup	³ /4 cup 1 ¹ /2 oz.
	Veg.	² /2 SIICe	¹ / ₂ slice	Meat, Poultry, or Fish	1 oz.	-
	Whole Wheat Bread, Grain	¹ / ₂ 0Z.	¹ /2 0Z.	Cheese Eco (Lanco)	1 oz.	1 ½ oz
	Hot Cereal. Cold, Dry,	-/2 U Z.	1/2 U Z.	Egg (Large) Cooked Dry Beans	¹ / ₂ egg ¹ / ₄ cups	³ /4 egg 3/8 cup
	Hot, Cooked			Peanut Butter	2 <i>tbsp</i> .	3 tbsp.
	noi, Cookeu	Snack:	Snack:	Vegetable or Fruit	¹ / ₄ cup	¹ / ₂ cup
	Snack:	¹ / ₂ cup	1/2 cup	Whole Grain/Bread	¹ / ₂ slice	⁴² cup ¹ /2 slice
	Milk	¹ / ₂ cup	¹ / ₂ cup	or Rice or Pasta	12 5000	/2 500 C
	Juice or Vegetable	¹ / ₂ 0z.	^{1/2} cup ^{1/2} oz.	Rice or Pasta	<i>¼ сир</i>	¹ /4 cup
	Meat or Meat Alternate	1/2 0Z.	1/2 0Z.		in cup	in cup
	Cheese	1/2 egg	<i>3/4 600</i>			
	Cheese Egg(Large)	¹ / ₂ egg ¹ / ₂ slice	³ / ₄ egg ¹ / ₂ slice			
	Cheese Egg(Large) Whole Wheat Bread	¹ / ₂ egg ¹ / ₂ slice ¹ / ₄ cup	³ / ₄ egg ¹ / ₂ slice 1/3 cup			

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

Week of: 08/24-28, 09/21-25, 10/26-30, 11/23-27, 12/21-25, 01/25-29*2016, 02/22-26, 03/21-25, 04/25-29, 05/23-27, 06/20-24, 07/25-29, 08/22-26



	Child meal pattern					
	food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Breakfast	Vegetable/Fruit/Juice	Apple Slices	Orange	Fruit	Raisins	Orange Juice
Brea	Grains/Breads	Chex Cereal	Grits	Cornflakes	Oatmeal	Cheerios
	Milk	Milk	Milk	Milk	Milk	Milk
per	Meat/Meat Alternate	Beef-a-roni	Chicken Tenders	Salisbury Steak	Fish Sticks	1/2 Turkey Sandwich
Lunch/Supper	Vegetable or Fruit	Corn	Green Beans	Mashed Potato	Broccoli	Vegetables and Rice Soup
Lunc	Vegetable or Fruit	Fruit	Fruit Cocktail	Peas and Carrots	Fruit	Fruit
	Grains/Breads	Sliced Bread	Rice Pilaf	Bread	Macaroni and Cheese	гтии
	Milk	Water	Water	Water	Milk/ Water	Water
k	Meat/Meat Alternate	Sliced Turkey				
Snack	Vegetable/Fruit/Juice	Apple Juice	Yogurt	Apple Juice	Goldfish	Pineapple Juice
	Grains/Breads	Saltine Crackers		Corn Muffins		Cheez-It Crackers
	Portions:	Age (1-3 yrs)	Age (3-6)	Portions:	Age (1-3 yrs)	Age (3-6)
	Breakfast:	<u>Breakfast:</u>	Breakfast:	Lunch:	Lunch:	Lunch:
	Milk	¹ / ₂ cup	³ /4 cup			
	100% Juice, Fruit, or	¹ /4 <i>cup</i>	¹ / ₂ cup	Milk	¹ / ₂ cup	³ /4 <i>cup</i>
	Veg.	¹ /2 <i>slice</i>	¹ / ₂ slice	Meat, Poultry, or Fish	1 oz.	$\frac{1}{2}$ oz.
	Whole Wheat Bread, Grain	¹ /2 0Z.	1/2 0 Z.	Cheese Egg (Large)	1 oz. ½ egg	1 ½ oz ¾ egg
	Hot Cereal. Cold, Dry,	72 02.	72 02.	Cooked Dry Beans	⁴ 2 egg ¹ /4 cups	^{3/4} egg 3/8 cup
	Hot, Cooked			Peanut Butter	2 <i>tbsp</i> .	3 tbsp.
	100, 000000	Snack:	Snack:	Vegetable or Fruit	¹ / ₄ cup	¹ / ₂ cup
	<u>Snack:</u>	¹ / ₂ cup	¹ / ₂ cup	Whole Grain/Bread	¹ / ₂ slice	^{1/2} slice
	Milk	¹ /2 <i>cup</i>	$\frac{1}{2}$ cup	or Rice or Pasta		
	Juice or Vegetable	1/2 OZ.	¹ /2 <i>oz.</i>	Rice or Pasta	<i>¼ cup</i>	<i>¼ cup</i>
	Meat or Meat Alternate	¹ /2 0Z.	¹ / ₂ oz.			
	Cheese	1/2 egg	³ /4 egg			
	Egg(Large)	¹ /2 <i>slice</i>	1/2 slice			
	Whole Wheat Bread Cold, Dry, or Hot Cereal	¹ /4 cup	1/3 cup			

CHILDREN'S AGES 1 – 5 YEARS OLD

5 PM Snack: Asst. Graham Crackers

Week of: 09/28-10/02, 12/28-01/01*2016, 03/28-04/01, 06/27-07/01, 08/29-09/02



	Child meal pattern					
	food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
st	TATUR .					
Breakfast	Vegetable/Fruit/Juice	Banana	Banana	Fruits	Raisins	Orange Slices
eal						0
Br	Grains/Breads	Rice Krispies	Grits	Cornflakes	Oatmeal	Kix Cereal
	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	BBQ Chicken Breast	Fish	Sunahatti 8 Mant Suma	Chieken Dattie	Delegang and Chasse
Lunch/Supper	meur meur Auer nuie	DDQ Chicken Dreasi	1'tsn	Spaghetti & Meat Sauce	Chicken Pattie	Bologna and Cheese Sandwich
ldm	Vegetable or Fruit	Black Beans	Green Beans	Corn	Mix Vegetables	Sunuwich
N/S				00111	man vegetables	Vegetable Soup
nc	Vegetable or Fruit	Oranges	Fruit	Mix Fruit	Pears	
Lu	Grains/Breads	White Rice/ Rolls	Mashed potato			Pineapples
		white Kice/ Kolls	1	Rolls	Yellow Rice	
	Milk	Water	Water	Water	Water	Milk/Water
Snack	Meat/Meat Alternate					
		White Grape Juice	Fruit Punch	Grape Juice	Yogurt	
Sn	Vegetable/Fruit/Juice	······································			0	Oatmeal Cookies
	Grains/Breads	Goldfish Crackers	Mini Pretzels	Animal Crackers		
	Gruins/Dreuus					
	Portions:	Age (1-3 yrs)	Age (3-6)	Portions:	Age (1-3 yrs)	Age (3-6)
	Breakfast:	<u>Breakfast:</u>	Breakfast:	Lunch:	Lunch:	Lunch:
	Milk	¹ / ₂ cup	<i>³/4 cup</i>			
	100% Juice, Fruit, or	¹ /4 cup	¹ / ₂ cup	Milk	¹ /2 <i>cup</i>	³ /4 <i>cup</i>
	Veg.	¹ /2 slice	¹ / ₂ slice	Meat, Poultry, or Fish	1 oz.	1 ½ oz.
	Whole Wheat Bread,			Cheese	1 oz.	1 ½ oz
	Grain	¹ /2 0Z.	¹ / ₂ 0Z.	Egg (Large)	¹ / ₂ egg	³ /4 egg
	Hot Cereal. Cold, Dry,			Cooked Dry Beans	¹ / ₄ cups	3/8 cup
	Hot, Cooked			Peanut Butter	2tbsp.	3 tbsp.
	Grant	Snack:	<u>Snack:</u>	Vegetable or Fruit	¹ / ₄ cup	¹ / ₂ cup
	<u>Snack:</u> Milk	¹ / ₂ cup	¹ / ₂ cup	Whole Grain/Bread or Rice or Pasta	¹ / ₂ slice	¹ / ₂ slice
	Juice or Vegetable	¹ / ₂ cup ¹ / ₂ oz.	¹ / ₂ cup ¹ / ₂ oz.	or Rice or Pasta Rice or Pasta	1/	14 ann
				Rice or Fasta	¹ /4 <i>cup</i>	¹ /4 cup
	Meat or Meat Alternate Cheese	¹ / ₂ oz.	1/2 0Z.			
		¹ / ₂ egg ¹ / ₂ slice	³ /4 egg ¹ /2 slice			
	Egg(Large) Whole Wheat Bread					
		¹ /4 cup	<i>1/3 cup</i>			
	Cold, Dry, or Hot Cereal					