

Age Group**Name of Center :****Week Beginning**

Monday

Tuesday

Wednesday

Thursday

Friday

Calendar Date

Breakfast - Serve Milk, Bread/Alternate, and Fruit/Vegetable. Additional Food, including Meat/Meat Alternate is optional.

Fluid Milk					
Fruit or Vegetable					
Bread or Bread Alternate(s)					
Additional Food (Optional)					

Lunch -- Serve all components, except Additional Food is optional.

Fluid Milk					
Main Dish					
Meat or Meat Alternate					
Fruit or Vegetable					
Fruit or Vegetable					
Bread or Bread Alternate(s)					
Additional Food (Optional)					

Snack -- Serve 2 of the 4 components. Full Strength Juice cannot be served when Milk is the only other snack component.

Fluid Milk					
Fruit or Vegetable					
Bread or Bread Alternate(s)					
Meat or Meat Alternate					
Additional Food (Optional)					

Only skim or 1% milk is served to children over 2 years of age. Serve whole milk to children up to the ages of 2.

Safe drinking water shall be available to children at all times and is encouraged at snack, after meals, and after play to satisfy thirst. Toddlers should be offered water routinely throughout the day.

A=Vitamin A C=Vitamin C I=Iron WG=Whole Grain HM=Home Made **Notes:**