

Week #	Breakfast	Food Item	*Serving Size Information for different age groups:				Lunch	Food Item	*Serving Size Information for different age groups:				Snack	Food Item	*Serving Size Information for different age groups:			
			1 & 2	3 to 5	6 to 18				1 & 2	3 to 5	6 to 18				1 & 2	3 to 5	6 to 18	
Monday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Veg/fruit	Raisins (1/4 cup)	1/4 cup	1/4 cup	1/2 cup	Veg	Broccoli & Baked Beans	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Kix Cereal (Berry / Honey)	1/4 cup	1/4 cup	1/2 cup	Veg/fruit	Pear Slices	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Cheese Crackers	1/4 serving	1/2 serving	1 serving			
Tuesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk							
	Veg/fruit	Mixed Fruit	1/2 cup	1/2 cup	1/2 cup	Veg	Diced Carrots	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Blueberry Bagel (with cream cheese)	1/2	1/2	1/2	Veg/fruit	Pineapple Tidbits	1/8 cup	1/4 cup	1/2 cup	Grain/brd	100% Grape Juice	4 oz	4 oz	6 oz			
Wednesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Veg/fruit	Apple Sauce	1/4 cup	1/4 cup	1/2 cup	Veg	Green Peas	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Honey Bunches of Oats Whole Grain	1 slice	1 slice	2 slices	Veg/fruit	Mandarin Oranges	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Whole Grain Original Sun Chips	1/4 serving	1/2 serving	1 serving			
Thursday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk							
	Veg/fruit	Apple Slices	1/4 serving	1/4 serving	1/2 serving	Veg	Green Beans	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Blueberry Muffin	1/4 sq	1/4 sq	1/2 sq	Veg/fruit	Peaches	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Yogurt	4 oz	4 oz	4 oz			
Friday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Veg/fruit	Mandarin Oranges	1/4 cup	1/4 cup	1/2 cup	Veg	Corn	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Multigrain Cheerios Whole Grain	1/4 cup	1/4 cup	1/2 cup	Veg/fruit	Fruit Salad	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Blueberry Muffin	1/4 serving	1/2 serving	1 serving			

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	Food Item	1 & 2		3 to 5			6 to 18		Food Item			1 & 2		3 to 5		6 to 18	
		1 & 2	3 to 5	6 to 18	1 & 2		3 to 5	6 to 18				1 & 2	3 to 5	6 to 18	1 & 2	3 to 5	6 to 18
Monday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk						
	Veg/fruit	Mandarin Oranges	1/4 cup	1/2 cup	1/2 cup	Veg	Deed Carrots & Black Beans	1/8 cup	1/4 cup	1/2 cup	Veg						
	Grain/brd	Whole Grain Bran Muffin	1 serving	1 serving	1 serving	Grain/brd	Pineapple Tidbits (with beans & beef)	1/4 cup	1/4 cup	1/4 cup	Grain/brd	100% Grape Juice	4 oz	6 oz			
Tuesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz			
	Veg/fruit	Banana	1/2 of Banana	1/2 of Banana	Whole Banana	Veg	Green Peas	1/8 cup	1/4 cup	1/2 cup	Veg						
	Grain/brd	French Toast (with little bit of syrup)	2 pieces	2 pieces	3 pieces	Grain/brd	Mandarin Oranges & Mashed Potatoes	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Saltine Crackers	1/4 serving	1/2 serving			
Wednesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz			
	Veg/fruit	Apple Slices	1/4 serving	1/4 serving	1/2 serving	Veg	Corn	1/8 cup	1/4 cup	1/2 cup	Veg						
	Grain/brd	WG Wheat Toast with Cheese	1 slice	1 slice	1 slice	Meat/mt alt	Whole Grain Sliced Bread	1 oz	1.5 oz	2 oz	Meat/mt alt	String Cheese	1/2 serving	1 serving			
Thursday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk						
	Veg/fruit	Apple Sauce	1/8 cup	1/4 cup	1/4 cup	Veg	Oven Fries & Green Beans	1/8 cup	1/4 cup	1/2 cup	Veg						
	Grain/brd	Honey Bunches of Oats Whole Grain	1/4 cup	1/4 cup	1/2 cup	Grain/brd	Whole Wheat Bun	1/2 serving	1/2 serving	1 serving	Grain/brd	100% Apple Juice	1/2 serving	1 serving			
Friday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz			
	Veg/fruit	Banana	1/2 Banana	1/2 Banana	Whole Banana	Veg	Broccoli & Baked Beans	1/8 cup	1/4 cup	1/2 cup	Veg						
	Grain/brd	Blueberry Muffin	1/4 serving	1/4 serving	1/2 serving	Grain/brd	Whole Grain Sliced Bread	1/2 slice	1 slice	2 slice	Grain/brd	Animal Crackers	1/2 serving	1/2 serving			

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			1 & 2	3 to 5	6 to 18	1 & 2			3 to 5	6 to 18	1 & 2	3 to 5			6 to 18			
			WM 4oz	1/4 cup	1/4 cup	1/4 cup			1/4 cup	1/4 cup	1/4 cup	1/4 cup			1/4 cup	1/4 cup	1/4 cup	1/4 cup
Monday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	1 & 2	3 to 5	6 to 18
	Veg/ft/jc	Apple Sauce	1/8 cup	1/4 cup	1/4 cup	Veg	Corn	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Honey Bunches of Oats Whole Grain	1/4 cup	1/4 cup	1 cup	Veg/ft	Mandarin Oranges	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Rice	1/4 cup	1/4 cup	1/2 cup	1/2 portion	1 portion	1 portion
	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Popcorn Chicken	1 oz	1.5 oz	2 oz	Meat/mt alt	String Cheese	1 portion	1 portion	1 portion	1 portion	1 portion	1 portion
Tuesday	Veg/ft/jc	Apple Slices	1/4 serving	1/4 serving	1/2 serving	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Grain/brd	Pancakes	1 piece	1 piece	1.5 pieces	Veg	Green Beans & Baked Beans	1/8 cup	1/4 cup	1/2 cup	Veg							
	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Veg/ft	Pineapple Tidbits	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Crackers	1/2 portion	1 portion	1 portion	1 portion	1 portion	
	Veg/ft/jc	Blueberry Muffins	1 piece	1 piece	1.5 pieces	Grain/brd	WG Sliced Bread	1/2 slice	1/2 slice	1 slice	Meat/mt alt	Meat/mt alt	1 portion	1 portion	1 portion	1 portion	1 portion	
Wednesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Sliced Turkey & Cheese	1 oz	1.5 oz	2 oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Veg/ft/jc	Pineapple Tidbits	1/4 cup	1/4 cup	1/4 cup	Veg	Peas & Carrots	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Blueberry Muffins	1 piece	1 piece	1.5 pieces	Veg/ft	Peaches	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Crackers	3/4 serving	1 serving	1 serving	1 serving	1 serving	
	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Ground Beef	1 oz	1.5 oz	2 oz	Meat/mt alt							
Thursday	Veg/ft/jc	Pear Slices	1/4 cup	1/2 cup	1/2 cup	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Grain/brd	Kix Cereal (Berry Berry/Honey)	1/4 serving	1/4 serving	1/2 serving	Veg	French Fries & Broccoli	1/8 cup	1/4 cup	1/2 cup	Veg							
	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Veg/ft	Pear Slices	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Crackers	3/4 serving	1 serving	1 serving	1 serving	1 serving	
	Veg/ft/jc	Raisins	1/4 cup	1/4 cup	1/2 cup	Meat/mt alt	Chicken Nuggets	1 oz	1.5 oz	2 oz	Meat/mt alt							
Friday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz			
	Veg/ft/jc	Whole Grain Waffles	1 piece	1 piece	1.5 pieces	Veg	Diced Carrots	1/8 cup	1/4 cup	1/2 cup	Veg							
	Grain/brd	Whole Grain Waffles	1 piece	1 piece	1.5 pieces	Veg/ft	Mandarin Oranges	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Crackers	3/4 serving	1 serving	1 serving	1 serving	1 serving	
	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Diced Chicken	1 oz	1.5 oz	2 oz	Meat/mt alt							

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			1 & 2	3 to 5	6 to 18			1 & 2	3 to 5	6 to 18			1 & 2	3 to 5	6 to 18
			WM 4oz	1% 4oz	1% 8oz			WM 4oz	1% 4oz	1% 8oz			WM 4oz	1% 4oz	1% 8oz
Monday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz
	Veg/fruit	Apple Slices	1/4 serving	1/4 serving	1/2 serving	Veg	Corn	1/8 cup	1/4 cup	1/2 cup	Veg				
	Grain/brd	Multigrain Cheerios Whole Grain	1/4 cup	1/4 cup	1/2 cup	Veg/fruit	Peaches	1/8 cup	1/4 cup	1/4 cup	Grain/brd				
Tuesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Chicken Teriyaki	1 oz	1.5 oz	2 oz	Meat/mt alt	Yogurt	1/2 serving	1/2 serving	1 serving
	Veg/fruit	Pear Slices	1/4 cup	1/2 cup	1/2 cup	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk				
	Grain/brd	Kix Cereal (Berry Berry/Honey)	1/4 serving	1/4 serving	1/2 serving	Veg	Green Beans	1/8 cup	1/4 cup	1/2 cup	Veg				
Wednesday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Sliced Ham & Cheese	1 oz	1.5 oz	2 oz	Meat/mt alt				
	Veg/fruit	Pineapple Tidbits	1/4 cup	1/4 cup	1/4 cup	Veg	Broccoli	1/8 cup	1/4 cup	1/4 cup	Veg				
	Grain/brd	Whole Grain Waffles	1 piece	1 piece	1.5 pieces	Veg/fruit	Peaches	1/8 cup	1/4 cup	1/4 cup	Grain/brd	Corn Bread	1 piece	1 piece	1 piece
Thursday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Chicken Strips	1 oz	1.5 oz	2 oz	Meat/mt alt				
	Veg/fruit	Raisins	1/4 cup	1/4 cup	1/2 cup	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz
	Grain/brd	Blueberry Bagel (with cream cheese)	1/2	1/2	1/2	Veg	Peas & Carrots	1/8 cup	1/4 cup	1/4 cup	Veg				
Friday	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Meat/mt alt	Meat Loaf	1 oz	1.5 oz	2 oz	Meat/mt alt				
	Veg/fruit	Mandarin Oranges	1/4 cup	1/2 cup	1/2 cup	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz
	Grain/brd	Crossiant Bread	1 piece	1 piece	1 piece	Veg/fruit	Diced Carrots	1/8 cup	1/4 cup	1/2 cup	Veg				

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	1 & 2	3 to 5	6 to 18			1 & 2	3 to 5	6 to 18				1 & 2	3 to 5	6 to 18
Monday	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	Milk	1% & Whole Milk	WM 4oz	1% 4oz	1% 8oz	
	Veg/frt/jc	Pear Slices	1/4 cup	Veg	Diced Carrots	1/8 cup	Veg	1/8 cup	Veg					
	Grain/brd	Blueberry Bagel (with cream cheese)	1/2	Grain/brd	Mashed Potatoes	1/4 cup	Meat/mt alt	Beef Won'terbits (Fryyakt)	1 oz	Meat/mt alt	Whole Grain Bran Muffin	1 serving	1 serving	
Tuesday	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	Milk					
	Veg/frt/jc	Banana	1/2 of Banana	Veg	Corn	1/8 cup	Veg	1/4 cup	Veg					
	Grain/brd	WG Wheat Toast with Cheese	1 slice	Grain/brd	Pineapple Tidbits	1/8 cup	Meat/mt alt	Rice	1/4 cup	Grain/brd	Saline Crackers	1/2 serving	1 serving	
Wednesday	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	Milk					
	Veg/frt/jc	Mandarin Oranges	1/4 cup	Veg	Green Beans	1/8 cup	Veg	1/4 cup	Veg					
	Grain/brd	Kix Cereal (Berry Berry/Honey)	1/4 serving	Grain/brd	WG Sliced Bread	1/2 slice	Meat/mt alt	BBQ Chicken Tadolitos	1 oz	Meat/mt alt	String Cheese	1 portion	1 portion	
Thursday	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	Milk					
	Veg/frt/jc	Mixed Fruit	1/2 cup	Veg	Broccoli & Black Beans	1/8 cup	Veg	1/4 cup	Veg					
	Grain/brd	Blueberry Muffin	1/4 sq	Grain/brd	WG Sliced Bread	1/2 slice	Meat/mt alt	Beef Finchilada (with black beans)	1 oz	Meat/mt alt	Yogurt	4 oz	6 oz	
Friday	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	WM 4oz	Milk	1% & Whole Milk	Milk					
	Veg/frt/jc	Apple Slices	1/4 serving	Veg	Peas & Carrots	1/8 cup	Veg	1/4 cup	Veg					
	Grain/brd	French Toast (with little bit of syrup)	2 pieces	Grain/brd	Mashed Potatoes & WG Sliced Bread	1/4 cup	Meat/mt alt	Fish Nuggas	1 oz	Meat/mt alt	Goldfish Crackers	1/2 portion	1 portion	

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