

WEEKLY MENU FORM

Tri-Star Alliance, Inc.

MENU #1

PROVIDER SIGNATURE _____ WEEK BEGINNING _____

| MEAL PATTERN REQUIREMENTS | | | | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---------------|-----------------|----------------|----------|------------------------|-------------------------|-----------------------------|----------------------------------|---------------------------|--|
| | AGE 1 to 2 | AGE 3 to 5 | AGE 6 to 12 | DATE | | | | | | |
| BREAKFAST | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| FRUIT/VEGETABLE | 1/4 CUP | 1/2 CUP | 1/2 CUP | | PEACHES | PEARS | APPLE SLICES | ORANGE SLICES | BANANAS | PEARS GRAPES |
| CEREAL GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | CHEERIOS (WG) | WAFFLES | OATMEAL (WG) | CINNAMON TOAST | BLUEBERRY MUFFINS | WHOLE GRAIN PANCAKES MINI-WHEATS (WG) |
| LUNCH | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | STEW MEAT | CHICKEN | HAMBURGER/ CHEESE | HOT DOGS | BAKED FISH | CHEESE/ HAM CHICKEN |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | GREEN BEANS | CUCUMBER SLICES | LETTUCE/ TOMATO | CORN | PEAS | TOSSED SALAD CARROT STICKS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | CARROTS | APPLESAUCE | REFRIED BEANS | BAKED BEANS | FRUIT COCKTAIL | ORANGES PINTO BEANS |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | DUMPLINGS | BROWN RICE (WG) | SOFT SHELL TACO | WHOLE WHEAT BUN | WHOLE WHEAT BREAD | PIZZA CRUST ROLL |
| SUPPER | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | TURKEY | SCRAMBLED EGGS | ROAST BEEF | HAM SLICE | CHICKEN | MEATLOAF PEANUT BUTTER CHEESE |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | BROCCOLI | PEAS | POTATOES | BRUSSELS SPROUTS | CAULIFLOWER | PEAS CELERY |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | PEARS | APRICOTS | GREEN BEANS | PINEAPPLE | WATERMELON | GRAPES PEACHES |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE WHEAT ROLL | TOAST | WHOLE WHEAT BREAD | BREAD | GARLIC BREAD | WHOLE WHEAT SPAGHETTI WHOLE WHEAT BREAD |
| SNACK: SERVE 2 OF THE 5 COMPONENTS | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | TIME: | WATER | WATER | WATER | WATER | WATER | WATER |
| FRUIT | 1/2 CUP | 1/2 CUP | 3/4 CUP | AM SNACK | YOGURT | PINEAPPLE | ORANGES | YOGURT | COTTAGE CH | CORN CHIPS ZUCCHINI BREAD |
| VEGETABLE | 1/2 CUP | 1/2 CUP | 3/4 CUP | | BANANA | HARDBOILED EGGS | BREAD STICKS | PEACHES | PEARS | APPLESAUCE YOGURT |
| MEAT/MEAT ALTERNATE | 1/2 OUNCE | 1/2 OUNCE | 1 OUNCE | PM SNACK | COTTAGE CH CRACKERS | MILK BANANA | RAISIN BREAD GRAPE JUICE | TRISCUIT CRACKERS CAULIFLOWER | APPLE JUICE BANANA BD | RICE CHECKS PEARS CRACKERS |
| GRAIN/BREAD | 1/2 SERV. | 1/2 SERV | 1 SERV | NT SNACK | PRETZELS ORANGES | PEANUT BUTTER CELERY | CHEESE RITZ CRACKERS | CHEESE GRAPES | YOGURT GRAHAM CRACKERS | PRETZELS GRAPES V-8 JUICE MUFFIN |

*1 year olds unflavored whole milk
 2 - 5 years unflavored 1% or skim milk
 6 - 12 years 1% or skim milk flavored or unflavored

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WEEKLY MENU FORM

Tri-Star Alliance, Inc.

MENU #2

PROVIDER SIGNATURE _____ WEEK BEGINNING _____

| MEAL PATTERN REQUIREMENTS | | | | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---------------|-----------------|----------------|----------|-------------------------|--------------------|----------------------|--------------------|----------------------|--|
| | AGE 1 to 2 | AGE 3 to 5 | AGE 6 to 12 | DATE | | | | | | |
| BREAKFAST | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| FRUIT/VEGETABLE | 1/4 CUP | 1/2 CUP | 1/2 CUP | | FRUIT COCKTAIL | ORANGE SLICES | APPLESAUCE | PEACHES | BLUEBERRIES | PEARS BANANA |
| CEREAL GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE GRAIN PANCAKES | SCRAMBLED EGGS | WAFFLES | KIX CEREAL (WG) | FRENCH TOAST | GRILLED HAM CHEERIOS (WG) |
| LUNCH | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | BEAN BURRITO | HOT DOGS | SALISBURY STEAK | CHICKEN | SLOPPY JOES | TURKEY GRILLED CHEESE |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | MEXICAN CORN | PEAS | GREEN BEANS | FRENCH FRIES | PEAS/ CARROTS | BROCCOLI LIMA BEANS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | GRAPES | PEARS | CORN | APPLESAUCE | MIXED FRUIT | MASHED POTATOES GRAPES |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE GRAIN TORTILLA | WHOLE GRAIN BUN | WHOLE GRAIN BREAD | BREAD | WHOLE GRAIN BUN | WHOLE GRAIN ROLL BREAD |
| SUPPER | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | HAMBURGER LASAGNA | TUNA SALAD | CHICKEN PATTY | CHEESE BURGERS | HAM | HOT DOGS BBQ PORK |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | GREEN BEANS | CARROTS | PEAS | FRENCH FRIES | BROCCOLI | BAKED BEANS LIMA BEANS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | APPLE SAUCE | BANANA | PEARS | WATERMELON | PINEAPPLE | ORANGES PEARS |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE WHEAT PASTA | BREAD | BREAD | WHOLE GRAIN BUN | WHOLE GRAIN BREAD | WHOLE GRAIN BUN WHOLE GRAIN BUN |
| SNACK: SERVE 2 OF THE 5 COMPONENTS | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | TIME: | WATER | WATER | WATER | WATER | WATER | WATER |
| FRUIT | 1/2 CUP | 1/2 CUP | 3/4 CUP | AM SNACK | COTTAGE CHEESE | RAISINS | CHEESE | CELERY | ORANGES | APPLESAUCE BOLOGNA |
| VEGETABLE | 1/2 CUP | 1/2 CUP | 3/4 CUP | | PEACHES | CHEERIOS | CANTALOUPE | PEANUT BUTTER | PRETZELS | TOAST SODA CRACKERS |
| MEAT/MEAT ALTERNATE | 1/2 OUNCE | 1/2 OUNCE | 1 OUNCE | PM SNACK | MILK | YOGURT DIP | MILK | DEVILED EGG | MILK | RAISINS CARROT STICKS |
| GRAIN/BREAD | 1/2 SERV. | 1/2 SERV | 1 SERV | NT SNACK | PRETZELS | MIXED VEGGIES | CINNAMON TOAST | CLUB CRACKERS | OYSTER CRACKERS | RICE PRETZELS |
| | | | | | MIXED JUICE | STRAWBERRIES | RASPBERRIES | RAISINS | APPLE SLICES | YOGURT BANANA MILK TOAST |
| | | | | | BISCUIT | TRISCUIT CRACKERS | ENGLISH MUFFIN | PRETZELS | CHEESE CUBES | |

*1 year olds unflavored whole milk
 2 - 5 years unflavored 1% or skim milk
 6 - 12 years 1% or skim milk flavored or unflavored

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PROVIDER SIGNATURE _____ WEEK BEGINNING _____

| MEAL PATTERN REQUIREMENTS | | | | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---------------|-----------------|----------------|----------|----------------------|----------------------|----------------------|---------------------|----------------------|-------------------------------------|
| | AGE 1 to 2 | AGE 3 to 5 | AGE 6 to 12 | DATE | | | | | | |
| BREAKFAST | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| FRUIT/VEGETABLE | 1/4 CUP | 1/2 CUP | 1/2 CUP | | BANANA | PEARS | ORANGES | PINEAPPLE | PEACHES | TATER TOTS STRAWBERRY |
| CEREAL GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | YOGURT | CHEERIOS (WG) | WAFFLE | MINI-WHEATS (WG) | BAGEL | EGGS & SAUSAGE OATMEAL (WG) |
| LUNCH | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | TURKEY/ CHEESE | SAUSAGE | CHICKEN | HAMBURGER | BOLOGNA/ CHEESE | SLOPPY JOES BEEF STROGANOFF |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | FRENCH FRIES | CORN | GREEN BEANS | CORN | CARROT STICKS | PEAS GREEN BEANS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | PINEAPPLE | APPLESAUCE | POTATOES | MIXED FRUIT | PEARS | APRICOTS APPLESAUCE |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE WHEAT BREAD | BISCUIT | WHOLE WHEAT BREAD | NOODLES | WHOLE GRAIN BREAD | WHOLE GRAIN BUN NOODLES |
| SUPPER | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | HAMBURGER | HAM | SMOKED SAUSAGE | HOT DOG | HAMBURGER | CHICKEN SMOKED SAUSAGE |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | PEAS | CARROTS | MIXED VEGETABLES | POTATO SALAD | LETTUCE/ TOMATO | MIXED VEGETABLES PEAS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | TOMATO SAUCE | FRUIT COCKTAIL | PINEAPPLE | BAKED BEANS | APPLESAUCE | MASHED POTATOES PINEAPPLE |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | SPAGHETTI | WHOLE WHEAT BREAD | CORNBREAD | WHOLE GRAIN BUN | TACO SHELL | BISCUIT WHOLE GRAIN BREAD |
| SNACK: SERVE 2 OF THE 5 COMPONENTS | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | TIME: | WATER | WATER | WATER | WATER | WATER | WATER |
| FRUIT | 1/2 CUP | 1/2 CUP | 3/4 CUP | AM SNACK | MILK | BAGEL | GRAPEFRUIT | WATERMELON | APPLESAUCE | YOGURT MILK |
| VEGETABLE | 1/2 CUP | 1/2 CUP | 3/4 CUP | | PB CRACKERS | GRAPES | TOAST | GRAHAM CRACKERS | PRETZELS | BLUEBERRIES CARROT STICKS |
| MEAT/MEAT ALTERNATE | 1/2 OUNCE | 1/2 OUNCE | 1 OUNCE | PM SNACK | GOLDFISH | CHEESE-ITS | CHEESE STICKS | PICKLES | MILK | TURKEY CHEESE |
| | | | | | APPLE JUICE | MILK | APPLESAUCE | CORN CHEX | ORANGE SLICES | WG BREAD TORTILLA |
| GRAIN/BREAD | 1/2 SERV. | 1/2 SERV | 1 SERV | NT SNACK | YOGURT | PEANUT BUTTER | RAISIN BREAD | COTTAGE CHEESE | PEANUT BUTTER | CHEESE CUBES BANANA CORN CHEX |
| | | | | | STRAWBERRY | APPLE SLICES | GRAPE JUICE | PEARS | ENGLISH MUFFIN | CARROT STICKS |

*1 year olds unflavored whole milk
 2 - 5 years unflavored 1% or skim milk
 6 - 12 years 1% or skim milk flavored or unflavored

WEEKLY MENU FORM

Tri-Star Alliance, Inc.

MENU #4

PROVIDER SIGNATURE _____ WEEK BEGINNING _____

| MEAL PATTERN REQUIREMENTS | | | | MON | TUES | WED | THURS | FRI | SAT | SUN | |
|---|---------------|---------------|----------------|----------|------------------|--------------|----------------------|------------------|-------------------|------------------|-------------------|
| | AGE 1 to 2 | AGE 3 to 5 | AGE 6 to 12 | DATE | | | | | | | |
| BREAKFAST | | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK | MILK |
| FRUIT/VEGETABLE | 1/4 CUP | 1/2 CUP | 1/2 CUP | | MANDARIN ORANGE | APPLE SLICES | BANANAS | FRUIT COCKTAIL | ORANGE SLICES | CHERRIES | MANDARIN ORANGE |
| CEREAL GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | SCRAMBLED EGGS | BRAN MUFFIN | KIX (WG) | MINI-WHEATS (WG) | CINNAMON TOAST | FRENCH TOAST | PANCAKES |
| LUNCH | | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | BBQ CHICKEN | MEATBALLS | BOLOGNA/CHEESE | GROUND BEEF | CHEESE/ HAM | PORK CHOP | SAUSAGE |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | COLE SLAW | GREEN BEANS | CARROT/ CELERY STICK | MIXED VEGETABLES | CORN | ASPARAGUS | BLACK-EYED PEAS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | BAKED BEANS | PEACHES | PEARS | APPLESAUCE | TOSSED SALAD | PLUMS | CARROTS |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE WHEAT ROLL | WG SPAGHETTI | PITA POCKET | CORNBREAD | WHOLE WHEAT BREAD | WHOLE WHEAT ROLL | WHOLE WHEAT BREAD |
| SUPPER | | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | BAKED FISH | PORK ROAST | CHICKEN | TURKEY | SCRAMBLED EGGS | CORNERED BEEF | CHICKEN |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | BRUSSELS SPROUTS | PEAS | BEETS | GREEN BEANS | HASH BROWNS | TOSSED SALAD | NAVY BEANS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | POTATO SALAD | PEARS | CORN | TOMATOES | STRAWBERRIES | CARROTS | GRAPES |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | ROLL | BISCUIT | WHOLE WHEAT ROLL | WHOLE WHEAT ROLL | TOAST | DRESSING | BISCUIT |
| SNACK: SERVE 2 OF THE 5 COMPONENTS | | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | TIME: | WATER | WATER | WATER | WATER | WATER | WATER | WATER |
| FRUIT | 1/2 CUP | 1/2 CUP | 3/4 CUP | AM SNACK | APPLE JUICE | STRAWBERRIES | GRAPES | PEACHES | YOGURT | STRAWBERRIES | P.BUTTER |
| VEGETABLE | 1/2 CUP | 1/2 CUP | 3/4 CUP | | PRETZELS | OATMEAL | TOAST | MUFFIN | BLUEBERRIES | BISCUIT | CELERY |
| MEAT/MEAT ALTERNATE | 1/2 OUNCE | 1/2 OUNCE | 1 OUNCE | PM SNACK | COTTAGE CH | SALSA | PEANUT BUTTER | CHEESE | PB&J SAND. | HOT DOG | RAISINS |
| | | | | | PINEAPPLE | CORN CHIPS | ENGLISH MUFFIN | ANIMAL CRACKERS | MILK | SODA CRACKERS | RICE |
| GRAIN/BREAD | 1/2 SERV. | 1/2 SERV | 1 SERV | NT SNACK | PICKLES | CHEESE-ITS | YOGURT | TANGERINE | RICE | BAGEL | TOAST |
| | | | | | GRAHAM CRACKERS | ORANGE JUICE | STRAWBERRIES | PRETZELS | RAISINS | GRAPES | BANANAS |

*1 year olds unflavored whole milk
 2 - 5 years unflavored 1% or skim milk
 6 - 12 years 1% or skim milk flavored or unflavored

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WEEKLY MENU FORM

Tri-Star Alliance, Inc.

MENU #5

PROVIDER SIGNATURE _____ WEEK BEGINNING _____

| MEAL PATTERN REQUIREMENTS | | | | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---------------|-----------------|----------------|----------|----------------------|-------------------------|---------------------|----------------------|----------------------|----------------------|
| | AGE 1 to 2 | AGE 3 to 5 | AGE 6 to 12 | DATE | | | | | | |
| BREAKFAST | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| FRUIT/VEGETABLE | 1/4 CUP | 1/2 CUP | 1/2 CUP | | BANANA | GRAPES | ORANGE SLICES | APPLE SLICES | HASH BROWNS | PEACHES |
| CEREAL GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | OATMEAL (WG) | WHOLE GRAIN PANCAKES | BISCUITS & GRAVY | MINI-WHEATS (WG) | SCRAMBLED EGGS | WHOLE GRAIN TOAST |
| LUNCH | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | CHICKEN | HAM | HOT DOGS | HAMBURGER | TUNA | HAMBURGER |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | COLE SLAW | POTATOES | BAKED BEANS | LIMA BEANS | PICKLE/ LETTUCE | TOMATO/ LETTUCE |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | PEACHES | PEAS | PINEAPPLE | PEACHES | APPLE SLICES | BAKED BEANS |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | WHOLE GRAIN BREAD | ROLL | WHOLE GRAIN BUN | NOODLES | WHOLE GRAIN BREAD | BUN |
| SUPPER | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | | MILK | MILK | MILK | MILK | MILK | MILK |
| MEAT/MEAT ALTERNATE | 1 OUNCE | 1 1/2 OUNCES | 2 OUNCES | | HAMBURGER CHILI | CHICKEN | BBQ SMOKIES | BOLOGNA CHEESE | PORK CHOP | BAKED FISH |
| VEGETABLE | 1/8 CUP | 1/4 CUP | 1/2 CUP | | KIDNEY BEANS | BROCCOLI | TATER TOTS | GREEN BEANS | MASHED POTATOES | PEAS & CARROTS |
| FRUIT/VEGETABLE | 1/8 CUP | 1/4 CUP | 1/4 CUP | | ORANGES | PINEAPPLE | WATER MELON | WATER MELON | CORN | APPLESAUCE |
| GRAIN/BREAD | 1/2 SERV | 1/2 SERV | 1 SERV | | OYSTER CRACKERS | WHOLE GRAIN BREAD | MUFFINS | WHOLE GRAIN BREAD | ROLL | WHOLE GRAIN BREAD |
| SNACK: SERVE 2 OF THE 5 COMPONENTS | | | | | | | | | | |
| FLUID MILK* | 1/2 CUP | 3/4 CUP | 1 CUP | TIME: | WATER | WATER | WATER | WATER | WATER | WATER |
| FRUIT | 1/2 CUP | 1/2 CUP | 3/4 CUP | AM SNACK | MILK | MIXED JUICE | BANANAS | MILK | COTTAGE CHEESE | ORANGE JUICE |
| VEGETABLE | 1/2 CUP | 1/2 CUP | 3/4 CUP | | PRETZELS | BISCUIT | CHEERIOS | FRUIT COCKTAIL | PEARS | BAGEL |
| MEAT/MEAT ALTERNATE | 1/2 OUNCE | 1/2 OUNCE | 1 OUNCE | PM SNACK | CHEESE CUBES | BANANA | PEANUT BUTTER | SALSA | MILK | BANANA |
| | | | | | GRAPES | HD BOILED EGG | ENGLISH MUFFIN | CORN CHIPS | PRETZELS | TOAST |
| GRAIN/BREAD | 1/2 SERV. | 1/2 SERV | 1 SERV | NT SNACK | PEANUT BUTTER | PEACHES | V-8 JUICE | ORANGE | GRAPES | RICE |
| | | | | | CELERY | COTTAGE CHEESE | TRISCUIT CRACKERS | BAGEL | CORN CHEX | STRAWBERRIES |

*1 year olds unflavored whole milk
 2 - 5 years unflavored 1% or skim milk
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