

Week 1* F/W 18	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Strawberries	Hash brown potatoes	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR corn puffs cereal KIX	WGR pumpkin muffin square	Oatmeal	WGR toast	WGR English muffin
Meat/ Other					Yogurt		Scrambled eggs	
Lunch				Baked chicken	Beef-vegetable stew***	Cheese pizza	Turkey burger slider***	Pork lo Mein
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese	Ground turkey/egg	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR biscuit	WGR pizza crust	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash	Apple***	Honeydew melon	Peaches	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Spinach salad*** (sautéed spinach)	Pinto beans	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Lettuce, tomato	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Cantaloupe	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Broccoli, cauliflower [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR bagel with cream cheese	WGR crackers	Graham crackers	Trail mix [no pretzels or dried fruit for CDC]
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Creamy vegetable dip	Sesame dipping sauce	Sunbutter^^	
Late Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit	Fruit		Fruit
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker	Trail mix [no pretzels or dried fruit for CDC]		WGR crackers	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		

Week 2* F/W 18	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Strawberries	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR bagel with cream cheese	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Yogurt		
Lunch				Meatloaf	Cajun baked fish	Roasted turkey	Lentil soup	Chicken Alfredo with a twist
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	Brown rice	Quinoa pilaf***	WGR breadstick	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Pineapple (crushed pineapple)***	Beets	Pears	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potato	Black beans	Peas***	Tossed salad (green beans)	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Salad dressing	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Peach		Banana		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Parmesan cauliflower & marinara sauce		Cucumbers, celery	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt			Cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving			Graham crackers	WGR crackers	WGR sweet potato plum muffin square
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Granola^^		Sunbutter^^	Creamy vegetable dip	
Late Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit		Fruit	Fruit
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham Cracker	Trail mix [no pretzels or dried fruit for CDC]	WGR soft pretzel		WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	

Week 3* F/W 18	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Pears	Blueberries	Peaches	Orange (Mandarin oranges)	Pineapple (crushed pineapple)
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Oatmeal	WGR waffle	WGR bagel with cream cheese	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Yogurt	Ham	
Lunch				Sunshine egg bake	Spaghetti & meat sauce	Crispy baked chicken	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Green beans	Collard greens***	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Peas***	Tossed salad (carrots)	Pinto beans	Vegetable soup	Potato wedges
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Salad dressing			
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Banana & mangos***	Apple		Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower [steamed for CDC]			Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR tortilla	Graham crackers	WGR pita bread	Trail mix [no pretzels or dried fruit for CDC]
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Creamy vegetable dip		Sunbutter^^	Hummus	
Late Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit		Fruit	Fruit	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		Sliced turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving		WGR crackers		Graham crackers	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole			

Week 4* F/W 18	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Peaches	Hash brown potatoes
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR corn puffs cereal KIX	WGR French toast bake	WGR toast
Meat/ Other					Yogurt			Scrambled eggs
Lunch				Lemon baked salmon cakes***	Cheesy rice casserole	Roasted pork	Enchilada casserole***	Baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Salmon, egg	Cheese/egg	Pork***	Beef/cheese	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bread stick	Brown rice	WGR roll	WGR tortilla	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pears	Peaches	Beets	Cucumber	Applesauce***
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (carrots)	Broccoli	Green beans	Black beans	Winter squash
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other				Salad dressing			Creamy vegetable dip	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon		Banana	Pear	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Potato wedges & marinara sauce			
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers			WGR carrot muffin***	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other				Sunbutter^^		Granola^^		
Late Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit			Fruit
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese			Sliced turkey	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pretzel	Trail mix [no pretzels or dried fruit for CDC]	Graham crackers	WGR crackers	
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole		Fluid Milk 1% or Whole

Week 5* F/W 18	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Apple	Pineapple (crushed pineapple)	Banana	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bagel with cream cheese	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
Lunch				Rice and beans	Chicken salad sandwich	Beef stroganoff	Roasted turkey	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Orange (Mandarin oranges)	Applesauce	Collard greens***	Coleslaw*** (carrots)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Potato, corn & cauliflower soup (modified)***	Green beans	Winter squash***	Pinto beans
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other				WGR cornbread***				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Cucumbers	Carrots (steamed for CDC)	Cinnamon sweet potato sticks		
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese	Yogurt	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR crackers	WGR pita bread			Graham crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Creamy vegetable dip	Hummus		Granola^^	Sunbutter^^
Late Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit	Fruit	Fruit		
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese			Graham crackers	Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving			WGR crackers		WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	