CYCLE MENU NUMBER			MENU 1	1-1	1-2	1-3	1-4	1-5	1-6	1-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Orange Juice	Orange Juice	Apple Juice	Banana	Orange Juice	Apple Juice
Bread / Alternate	1/2 slice	1 slice	1 slice		Toast	Pancakes	Toast	French Toast	Pancakes	Cereal
Cereal	1/4 cup	1/3 cup	3/4 cup	Cereal			Eggs			
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup		Milk	Milk		Milk		
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Apple Juice			Apple Juice		Orange Juice	Pineapple Juice
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Crackers	Graham Crackers	Cinnamon Toast	Crackers	Graham Crackers		English Muffins
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cheese			Cheese		Cheese	
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Tuna Sandwich	Hamburger	Hot dog	Chicken	Cheese Sandwich	Bologna/Cheese	Roast Beef
eggs or	1	1	1	w/ cheese or					Sandwich	
peanut butter or	2 T	3 T	4 T	boiled egg						
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup		Tomato / lettuce	French Fries	Potatoes	Apple	Carrot Sticks	Potatoes
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	carrot sticks	oven fried potatoes	Carrot Sticks	Peas	Celery	Banana	Green Beans/
combination of both				Banana						Broccoli
Bread or alternate	1/2 slice	1/2 slice	1 slice	Bread	Bun	Bun	Roll	Bread	Bread	Roll
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup	Milk		Milk	Milk		Milk	
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup		Grape Juice		Orange slices	Apple Juice	Graham Crackers	Milk
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Cinnamon Toast	Goldfish Crackers	Chocolate Chip		Cinnamon Toast		
Meat or Alternate	1/2 oz	1/2 oz	1 oz			Cookie	Cheese			Donut
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Ham	Taco	Spaghetti w/	Bologna / Cheese	Hamburger	Pork Chops	Sandwich/
or egg	1	1	1		hamburger	ground beef				cheese
peanut butter or	2 T	3 T	4 T		cheese					
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Applesauce	lettuce/tomato	Tomato Sauce	Carrot Sticks	lettuce/tomatoe	Potato	Carrot sticks
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Potato, scalloped	corn	Green Salad	Celery Sticks	watermelon	Carrots	Apple
combination of both					Enriched flour					
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Roll	Tortilla	Enriched pasta	Bread	Bun	Roll	Bread
EVENING SNACK (2 groups) F										
Milk or	1/2 cup	1/2 cup	1 cup				Milk			Milk
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Apple Juice	Grape Juice	Apple Juice		Apple Juice	Banana	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Ritz Crackers	Cinnamon toast		Toast	Cracker	Graham Cracker	Chocolate Cookie
Meat or Alternate	1/2 oz	1/2 oz	1 oz			Cheese		Cheese		
xxxxxxxxxxxxxxxxxxxxxx										

CYCLE MENU NUMBER			MENU 1	2-1	2-2	2-3	2-4	2-5	2-6	2-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Grape Juice	Orange slices	Apple Juice	Orange Juice	Banana	Peaches	Apple sauce
Bread / Alternate	1/2 slice	1 slice	1 slice	French Toast	Cereal	Toast w/cheese	Muffins	Cereal	Pancakes	English Muffins
Cereal	1/4 cup	1/3 cup	3/4 cup							
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup			Milk	Milk			
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Carrot / Celery	Apple Juice			Pineapple Juice	Apple Juice	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	sticks	Bread / butter	Graham Cracker	Cherrios			Ritz Crackers
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cottage Cheese				Cheese cubes	Hard boiled egg	Cheese
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Homemade	Chicken	Tuna Sandwich	Homemade Pizza	Fish Sticks	Grilled Cheese	Meatloaf
eggs or	1	1	1	Macaroni &	Fingers	Tuna/boiled egg	hamburger	CN labeled		
peanut butter or	2 T	3 T	4 T	Cheese			cheese			
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	green beans	Applesauce	Orange Slices	Tomato Sauce	Green Salad	Pears	Baked Potato
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Apples	French Fries	Celery sticks	Banana	Orange	Carrot Sticks	Peas
combination of both										
Bread or alternate	1/2 slice	1/2 slice	1 slice	(macaroni)	Rolls	Bread	Pizza crust	Roll	(bread)	Roll
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup	Milk		Milk			Milk	Milk
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup		Pineapple		Apples	celery	Banana	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Oatmeal Cookie		donut	Cinnamon Toast	Ritz crackers		Coconut Cookie
Meat or Alternate	1/2 oz	1/2 oz	1 oz		Cottage cheese			peanut butter		
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Hot dog	Spaghetti	Cube Steak	Chili	Taco	Bologna /cheese	Ham / Cheese
or egg	1	1	1		w/ meatballs		beans	hamburger		Omelette (egg)
peanut butter or	2 T	3 T	4 T				beef	cheese		
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Potato Salad	Tomato Sauce	Potato / gravy		Beans	Fruit cocktail	Hash Browns
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Fruited jello	Green Salad	Corn	· · · · · · · · · · · · · · · · · · ·		Carrot sticks	Orange slices
combination of both								Enriched flour		
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bun	(spaghetti)	Roll	Cornbread	Tortilla	Bread	Toast
EVENING SNACK (2 groups) F										
Milk or	1/2 cup	1/2 cup	 	Milk			Milk	Hot chocolate (milk)	Milk	
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup		Peaches	Apple Juice				Apple slices
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Graham Crackers	Toast	Saltines	Peanut Butter Cookie	Toast	Cereal	
Meat or Alternate	1/2 oz	1/2 oz	1 oz							cheese cubes
xxxxxxxxxxxxxx										

Mile	CYCLE MENU NUMBER			MENU 1	3-1	3-2	3-3	3-4	3-5	3-6	3-7
June of Fund Appellation 1/4 cap 1/2 cap Appellation Appella	BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Branch 1/2 slice 1 slice 2 slice 1 slice 2 s	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Careal 14 cup 13 cup 13 cup 14 cup 15 cup 15 cup 15 cup 16 cup 1	Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Hash Browns	Orange slices	Apple Juice	Orange Juice	Banana	Orange slices	Apple Juice
ANS SHACK (2 groups) B 1/2 cup 1	Bread / Alternate	1/2 slice	1 slice	1 slice	Pancakes		Toast	French Toast	English Muffin	Pancakes	Toast
Milk or 12 cup 12 cup 1 cup	Cereal	1/4 cup	1/3 cup	3/4 cup	Eggs	Cherrios				Eggs	Bacon / Eggs
Milk or 12 cup 12 cup 1 cup											
Julico of Fluit Aregetable 1/2 cup 1/2 cup 3/4 cup Pineapple Julico English Muffin Rice Chex Graham Cruckers Riz Cruckers Cheese Cubes	AM SNACK (2 groups) B										
Bread or Alternate 1/2 sloce 1/2 sloce 1 sloce Cheese cubes Cheese cu	Milk or	1/2 cup	1/2 cup	1 cup		Milk	Milk	Milk		Milk	
LUNCH (5 groups) C C C C C C C C C	Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple Juice						Pineapple Juice
LUNCH (5 groups) C C C C C C C C C	Bread or Alternate	1/2 slice	1/2 slice	1 slice		English Muffin	Rice Chex	Graham Crackers	Ritz Crackers		Cinnamon Roll
Milk Meat / poutly / fish / cheese 1 oz 1/2 ozp 2 oz 2 oz Turkey Boile Egg Spaghetti w Peanut butter Hamburger Ham / Cheese Chicken Gegs or 1 1 1 1 1 1 Cottage Chiese Peanut butter Hamburger Ham / Cheese Chicken Ham / Cheese Chicken Gegs or 1 1 1 1 1 Cottage Chiese Peanut butter Hamburger Ham / Cheese Chicken Ham / Chees	Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cheese cubes				Cheese Cubes	Cheese	
Milk Meat / poutly / fish / cheese 1 oz 1/2 ozp 2 oz 2 oz Turkey Boile Egg Spaghetti w Peanut butter Hamburger Ham / Cheese Chicken Gegs or 1 1 1 1 1 1 Cottage Chiese Peanut butter Hamburger Ham / Cheese Chicken Ham / Cheese Chicken Gegs or 1 1 1 1 1 Cottage Chiese Peanut butter Hamburger Ham / Cheese Chicken Ham / Chees											
Meat / pouttry / fish / cheese	LUNCH (5 groups) C										
Page	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Peanut butter or 2 T 3 T 4 T	Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Turkey	Boiled Egg	Spaghetti w/	Peanut butter	Hamburger	Ham / Cheese	Chicken
A cup	eggs or	1	1	1		Cottage Cheese	meatballs	Cheese Cubes			
Fruit (2 or more) or	peanut butter or	2 T	3 T	4 T							
vegetables (2 or more) or combination of both combination of both pread or alternate 1/2 cup 3/4 cup Carrots Apple Slices Celery sticks Corn Pineapple Green Beans Bread or alternate 1/2 slice 1/2 slice 1 slice Dressing / Roll Bread / butter noodles Bread Bread Bread Roll Milk or 1/2 cup 1/2 cup <t< td=""><td>dried beans & peas</td><td>1/4 cup</td><td>3/8 cup</td><td>1/2 cup</td><td></td><td></td><td>Tomato sauce</td><td></td><td></td><td></td><td></td></t<>	dried beans & peas	1/4 cup	3/8 cup	1/2 cup			Tomato sauce				
Combination of both Fire	Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Potato	Lettuce salad	Tossed Salad	Carrot sticks	tomato / lettuce	Apple	Potato
Bread or alternate	vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Carrots	Apple Slices		Celery sticks	Corn	Pineapple	Green Beans
PM SNACK (2 groups) D	combination of both						Enriched flour				
Milk or 1/2 cup 1/2 cup 1/2 cup 1 cup 1 cup	Bread or alternate	1/2 slice	1/2 slice	1 slice	Dressing / Roll	Bread / butter	noodles	Bread	Bun	Bread	Roll
Milk or 1/2 cup 1/2 cup 1/2 cup 1 cup 1 cup											
juice or fruit / vegetable 1/2 cup 1/2 cup 3/4 cup Apples Apples Apple Juice broccoli/carrots Toast Toast Donut Graham Crackers Meat or Alternate 1/2 slice 1/2 slice 1/2 slice 1 slice Toast Toast Toast Toast Toast Donut Graham Crackers Meter or Alternate 1/2 oz	PM SNACK (2 groups) D										
Bread or Alternate	Milk or	1/2 cup	1/2 cup	1 cup						Milk	Milk
Meat or Alternate 1/2 oz 1/2 oz 1/2 oz 1 oz Peanut butter Cheese cubes Cottage Cheese Melted cheese Melted cheese Melted	juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup	Apples	Apple Juice	broccoli/carrots		Pears		
DINNER (5 groups) E	Bread or Alternate	1/2 slice	1/2 slice	1 slice				Toast	Toast	Donut	Graham Crackers
Milk 1/2 cup 3/4 cup 1 cup Milk	Meat or Alternate	1/2 oz	1/2 oz	1 oz	Peanut butter	Cheese cubes	Cottage Cheese	Melted cheese			
Milk 1/2 cup 3/4 cup 1 cup Milk											
Meat /poultry /fish /cheese	DINNER (5 groups) E										
or egg 1 1 1 1 Toasted hamburger Cheese Macaroni & w/ boiled egg CN Labled peanut butter or 2 T 3 T 4 T Sandwich cheese	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
peanut butter or 2 T 3 T 4 T Sandwich cheese cheese cheese cheese cheese cheese cheese cheese did dried beans & peas 1/4 cup 3/8 cup 1/2 cup Refried beans cheese c	Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Cheese /	Taco	Bologna /	Homemade	Tuna Sandwich	Fish sticks	Pork
dried beans & peas 1/4 cup 3/8 cup 1/2 cup Refried beans Fruit (2 or more) or 1/4 cup 1/2 cup 3/4 cup Applesauce Lettuce / Tomato Carrot sticks Apples Banana Mixed fruits Tossed Salad vegetables (2 or more) or 1/4 cup 1/2 cup 3/4 cup Celery sticks Oranges Green Beans Lettuce / pickle French fries Pineapple combination of both Enriched flour Chunks Bread or Alternate 1/2 slice 1/2 slice 1 slice Bread Tortilla Bread (noodles) Bread Roll Roll Milk or 1/2 cup 1/2 cup 1/2 cup 1 cup Milk Apple Juice Apple Juice Grape Juice Pineapple Juice Banana Mixed fruits Tossed Salad Apples Banana Mixed fruits Tossed Salad (noodles) Breand Roll Roll Roll Chunks Milk Apple Juice Grape Juice Pineapple Juice Banana Miked French fries Pineapple Chunks Milk Apple Juice Grape Juice Pineapple Juice Banana Miked French fries Pineapple Apple Juice Grape Juice Pineapple Juice Banana Miked French fries Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Juice Banana Miked French fries Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Juice Banana Miked French fries Pineapple Grape Juice Pineapple Pineap	or egg	1	1	1	Toasted	hamburger	Cheese	Macaroni &	w/ boiled egg	CN Labled	
Fruit (2 or more) or 1/4 cup 1/2 cup 3/4 cup Applesauce Lettuce / Tomato Carrot sticks Apples Banana Mixed fruits Tossed Salad vegetables (2 or more) or 1/4 cup 1/2 cup 3/4 cup Celery sticks Carrot sticks Apples Green Beans Lettuce / pickle French fries Pineapple combination of both Enriched flour Chunks Bread or Alternate 1/2 slice 1/2 slice 1 slice Bread Tortilla Bread (noodles) Bread Roll Roll EVENING SNACK (2 groups) F Milk or 1/2 cup 1/2 cup 1 cup Milk Milk Milk Milk Milk Milk Milk Milk	peanut butter or	2 T	3 T	4 T	Sandwich			cheese			
vegetables (2 or more) or 1/4 cup 1/2 cup 3/4 cup Celery sticks Oranges Green Beans Lettuce / pickle French fries Pineapple combination of both Enriched flour Chunks Bread or Alternate 1/2 slice 1/2 slice 1 slice Bread Tortilla Bread (noodles) Bread Roll Roll EVENING SNACK (2 groups) F Milk or 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 3/4 cup Pineapple juice Apple Juice Grape Juice Grape Juice Pineapple Juice Banana Bread or Alternate 1/2 slice 1/2 slice 1 slice Ritz Crackers Muffin Graham Cracker Ritz Crackers Toast Saltines Meat or Alternate 1/2 oz 1/2 oz 1 oz	dried beans & peas	1/4 cup	3/8 cup	1/2 cup		Refried beans					
combination of both Bread or Alternate 1/2 slice 1/2 slice 1 slice Bread Tortilla Bread (noodles) Bread Roll Roll Roll Roll Roll Roll Roll Rol	Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Applesauce	Lettuce / Tomato	Carrot sticks	Apples	Banana	Mixed fruits	Tossed Salad
Bread or Alternate 1/2 slice 1/2 slice 1 slice Bread Tortilla Bread (noodles) Bread Roll Roll EVENING SNACK (2 groups) F Milk or 1/2 cup 1/2 cup 1 cup Milk Juice or fruit or vegetable 1/2 slice 1/2 slice 1 slice Ritz Crackers Muffin Graham Cracker Ritz Crackers Toast Saltines Meat or Alternate 1/2 oz 1/2 oz 1 oz 1 oz	vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Celery sticks		Oranges	Green Beans	Lettuce / pickle	French fries	Pineapple
EVENING SNACK (2 groups) F Milk or 1/2 cup 1/	combination of both					Enriched flour					chunks
Milk or 1/2 cup 1/2 cup 1 cup 1 cup Milk Milk Milk Milk Milk Milk Milk Milk	Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bread	Tortilla	Bread	(noodles)	Bread	Roll	Roll
Milk or 1/2 cup 1/2 cup 1 cup 1 cup Milk Milk Milk Milk Milk Milk Milk Milk											
Juice or fruit or vegetable 1/2 cup 1/2 cup 3/4 cup Pineapple juice Apple Juice Apple Juice Grape Juice Pineapple Juice Banana Bread or Alternate 1/2 slice 1/2 slice 1 slice Ritz Crackers Muffin Graham Cracker Ritz Crackers Toast Saltines Meat or Alternate 1/2 oz 1/2 oz 1 oz Francisco Ritz Crackers Ritz Crackers Francisco Ritz Crackers Fr	EVENING SNACK (2 groups) F										
Bread or Alternate 1/2 slice 1/2 slice 1 slice Ritz Crackers Muffin Graham Cracker Ritz Crackers Toast Saltines Meat or Alternate 1/2 oz 1/2 oz 1 oz	Milk or	1/2 cup	1/2 cup	1 cup			Milk				Milk
Bread or Alternate 1/2 slice 1/2 slice 1 slice Ritz Crackers Muffin Graham Cracker Ritz Crackers Toast Saltines Meat or Alternate 1/2 oz 1/2 oz 1 oz	Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple juice	Apple Juice		Apple Juice	Grape Juice	Pineapple Juice	Banana
Meat or Alternate 1/2 oz 1/2 oz 1 oz	Bread or Alternate	1/2 slice	1/2 slice	1 slice	Ritz Crackers	Muffin	Graham Cracker	Ritz Crackers	Toast		
xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx	Meat or Alternate	1/2 oz		1 oz							
	xxxxxxxxxxxxxxxxxxxxxxxx										

CYCLE MENU NUMBER			MENU 1	4-1	4-2	4-3	4-4	4-5	4-6	4-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Orange Juice	Banana	Orange Juice	Apple Juice	Orange Juice	Grape Juice	Orange Juice
Bread / Alternate	1/2 slice	1 slice	1 slice		Toast	Pancakes	Toast/cereal	French Toast	English Muffin	Oatmeal
Cereal	1/4 cup	1/3 cup	3/4 cup	Cereal	Eggs				Scrambled Eggs	
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup			Milk				Milk
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Carrot sticks	Cantaloupe	Banana	Assorted Veg.	Apple Juice	Tomato Juice	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Saltines	Wheat Thins			Ritz Crackers	Wheat Thins	Donut
Meat or Alternate	1/2 oz	1/2 oz	1 oz				Cottage Cheese			
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Tuna Sandwich	Chicken	Cheese Cubes	Hot Dog	Chicken	Fish Sticks	Roast Pork
eggs or	1	1	1			Peanut butter				
	2 T	3 T		Boiled egg		Sandwich				
dried beans & peas	1/4 cup	3/8 cup	1/2 cup			Fruit Cocktail				
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Green Beans	Corn on Cob		Carrot Sticks	Green Beans	Pineapple	Mixed
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Peaches	Cole Slaw	Celery sticks	Cucumber	Banana	Broccoli	Vegetables
combination of both										Fruit Salad
Bread or alternate	1/2 slice	1/2 slice	1 slice	Bread	Roll	Bread	Bun	Rice	Rice	Roll
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup			Milk				
juice or fruit / vegetable	1/2 cup	1/2 cup	•	Grape Juice	Celery		Melon Kebobs	broccoli	Banana	Milk
Bread or Alternate	1/2 slice	1/2 slice	1 slice			Choc chip cookie			Graham Cracker	
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cheese cubes	peanut butter		Cheese cubes	cottage cheese		Sugar Cookies
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Pork Chop	Grilled Cheese	Meat Loaf	Ham / Cheese	Sloppy Joes	Chili	Tuna / Noodle
or egg	1	1	1		Sandwich			ground beef	hamburger	Bake
<u>'</u>	2 T	3 T	4 T		cheese				beans	Tuna / Cheese
dried beans & peas	1/4 cup	3/8 cup	1/2 cup		D 1	D. L. ID. : :		- ·		D
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Apple sauce	Peaches	Baked Potato	Lettuce / tomato	Tomato sauce	Apples	Peas
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Corn	Carrot sticks	Apple Salad	Strawberries	Celery /	Tomato sauce	Peaches
combination of both	1/0 !:	4 /0 /:		D ::	5 .	D !!		cucumber		Enriched flour
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Roll	Bread	Roll	Bread	Bun	French Bread	pasta
EVENING ONAGE (O) E										
EVENING SNACK (2 groups) F	4/0	4/0 =	4	NA:U-	N ASUL-		NATIL.	NA:II.		
Milk or		1/2 cup		Milk	Milk		Milk	Milk		A I - I - i
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	0 1 0 1	0: -	grape juice	0 1 0 1	0 1: /0 : :	- ·	Apple Juice
Bread or Alternate	1/2 slice	1/2 slice		Graham Crackers	Cinnamon Toast	Crackers	Graham Crackers	Cookie /Oatmeal	Toast	Toast
Meat or Alternate	1/2 oz	1/2 oz	1 oz						Cheese	
xxxxxxxxxxxxxxxx										

CYCLE MENU NUMBER			MENU 1	5-1	5-2	5-3	5-4	5-5	5-6	5-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Apple Juice	blue berries	Orange Juice	Hash Browns	strawberries	Orange Juice
Bread / Alternate	1/2 slice	1 slice	1 slice		French Toast	Waffles		toast		
Cereal	1/4 cup	1/3 cup	3/4 cup	Cherrios			Wheaties	eggs	Oatmeal	bagel
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup			Milk			Milk	
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Apple Slices	Orange Juice				Cantaloupe	Enriched flour
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Graham Crackers	pretzels	Chex cereal	Toast	crescent rolls		Tortilla
Meat or Alternate	1/2 oz	1/2 oz	1 oz				Scrambled eggs	hots dogs		Cheese
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1/2 cup	1 1/2 oz	2 oz	egg salad	Corn dog	peanut butter	Homemade	Chicken Nuggets	Homemade	Tuna w/ hard
eggs or	1	1	1	sandwich	(hot dog)	sandwich	English Muffin Pizza	Chloron Huggers	macaroni &	boiled egg
peanut butter or	2 T	3 T	4 T	Sandwich	(not dog)	peanut butter	ham		cheese	bolica egg
dried beans & peas	1/4 cup	3/8 cup	1/2 cup		tator tots	cheese cubes	cheese		Cricese	
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Tomato soup	fruit salad	apple slices	tomato sauce	grapes	Peas	Celery sticks
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	pears	nuit salaa	peaches	celery sticks	Oven fried	Peaches	apple slices
combination of both	1, т оар	172 oup	ол годр	podio		podonos	colory duone	potatoes	1 Gaorico	apple offices
Bread or alternate	1/2 slice	1/2 slice	1 slice	Bread	corn bread	Bread	(English Muffin)	Roll	(macaroni)	Bread
Broad of discribits	172 01100	172 01100	1 01100	Broad	com broad	Broad	(English Wallin)	rton	(madarom)	Broad
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup		Milk			Milk	Milk	Milk
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup	Grape Juice		Orange Juice	Apple Juice			fruit cocktail
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Ritz Crackers	Snickerdoodle	Bagel	Corn bread	Blueberry muffins	Cinnamon rolls	
Meat or Alternate	1/2 oz	1/2 oz	1 oz		cookie			,		
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Homemade	Homemade Burrito	Lasagna	Swiss Steak	Baked Ham	Hamburgers	Chicken enchiladas
or egg	1	1	1	Macaroni &	ground beef	ground beef	beef		ground beef	Chicken
peanut butter or	2 T	3 T	4 T	Cheese		cheese				Cheese
dried beans & peas	1/4 cup	3/8 cup	1/2 cup		pinto beans					
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Mixed Vegetables	lettuce-tomato	Tomato sauce	Mashed Potatoes	Applesauce	Tomato-lettuce	Corn
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Peaches		Green Salad	Cooked Carrots	Scalloped Potatoes	French Fries	Green Salad
combination of both					Enriched					Enriched flour
Bread or Alternate	1/2 slice	1/2 slice	1 slice	(Macaroni)	flour tortilla	(Noodles)	Roll	Roll	Bun	Tortilla
EVENING SNACK (2 groups) F										
Milk or	1/2 cup	1/2 cup	1 cup		Milk			Milk	Milk	
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Apple Juice		Fruit cocktail	Apple Sauce		Apple Crisp	Grape Juice
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Hard Boiled Eggs	Toast		Graham Crackers	Cherrios		Chex mix
Meat or Alternate	1/2 oz	1/2 oz	1 oz			cheese slices				
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CYCLE MENU NUMBER			MENU 1	6-1	6-2	6-3	6-4	6-5	6-6	6-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Orange Juice	Apple Slices	Fruit Salad	Orange Juice	Peaches	Grape Juice
Bread / Alternate	1/2 slice	1 slice	1 slice	Frosted Mini-		Pancakes	Bagel	Cinnamon Toast	Blueberry muffin	
Cereal	1/4 cup	1/3 cup	3/4 cup	Wheats	English Muffins					Life Cereal
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup	Milk		Milk	Milk			Milk
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup			Fruit kabobs,		Celery sticks		Homemade
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Graham Crackers	Soft bread sticks	apple, banana,	Donut		English Muffin	Banana Nut Bread
Meat or Alternate	1/2 oz	1/2 oz	1 oz		Cheese	pineapple		peanut butter	melted cheese	
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Quesadilla	Sandwich-Ham	Nachos	Hot dog	Fish Sticks	Turkey	Chili
eggs or	1	1	1	cheese	& cheese	Supreme		CN labeled	Sandwich	ground beef
peanut butter or	2 T	3 T	4 T			ground beef,			turkey w/	
dried beans & peas	1/4 cup	3/8 cup	1/2 cup			cheese			cheese	kidney beans
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Banana	Orange slices	refried beans	Potato Salad	Apple Sauce	Celery w/ dip	Banana
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Corn	lettuce / tomato	lettuce / tomato	Banana	carrots	Strawberries	
combination of both						Enriched flour				Corn Bread or
Bread or alternate	1/2 slice	1/2 slice	1 slice	Flour Tortilla	Bread	tortilla chips	Bun	Roll	Bread	crackers
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup				Milk	Milk	Milk	
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup		strawberries	Orange juice		Graham Crackers	Fruit Cocktail	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Crackers		Ritz Crackers	Cherrios			Toast
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Tuna Salad	yogurt					Melted cheese
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Meatloaf	Chinese beef &	Omlette	Beef Stew	Tamale Pie	Oven Baked	Pot Roast
or egg	1	1	1	ground beef	broccoli	eggs / cheese	beef	ground beef	Chicken	beef
peanut butter or	2 T	3 T	4 T		beef strips					
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Potatoes	Banana	Hash browns	Fruit Cocktail	Corn	Green Beans	Green Salad
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Peas	Broccoli	Orange slices	potatoes / carrots	Green Beans	Baked Potoaoe	potatoes / carrots
combination of both										
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Roll	Rice	Toast	Rice or Roll	Corn Bread	Roll	Roll
EVENING SNACK (2 groups) F										
Milk or	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk				
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Apple Slices w/			Orange Slices	Enriched flour	Banana	Apple Juice
Bread or Alternate	1/2 slice	1/2 slice	1 slice		Rice Crispy Bars	oatmeal cookie	crackers	Tortilla	Graham Cracker	Cinnamon Toast
Meat or Alternate	1/2 oz	1/2 oz	1 oz	peanut butter				Cheese		
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CYCLE MENU NUMBER			MENU 1	7-1	7-2	7-3	7-4	7-5	7-6	7-7
BREAKFAST (3 groups) A	Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Cantaloupe	Banana	Strawberries	Apple Juice	Banana	Grape Juice	Apple Sauce
Bread / Alternate	1/2 slice	1 slice	1 slice	Toast	Kix Cereal	Scones				Tortilla w/
Cereal	1/4 cup	1/3 cup	3/4 cup				Oatmeal	Raisin Bran	Cream of Wheat	Cheese
AM SNACK (2 groups) B										
Milk or	1/2 cup	1/2 cup	1 cup		Milk				Milk	
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Peaches	Fruit Cocktail	banana w/pudding		Apple Juice		Apple Juice
Bread or Alternate	1/2 slice	1/2 slice	1 slice			Vanilla Wafers	Wheat Thins		Cinnamon Toast	
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Yogurt			Cottage Cheese	Deviled Eggs		Cheese sticks
LUNCH (5 groups) C										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Ham	Pigs-N-Blanket	Tuna Casserole	Grilled Cheese	Bologna &	Spaghetti &	Homemade Burrito
eggs or	1	1	1	Cheese Cubes	hot dog	tuna w/ cheese	Cheese	cheese	ground beef	Pinto beans
peanut butter or	2 T	3 T	4 T					sandwich		cheese
dried beans & peas	1/4 cup	3/8 cup	1/2 cup							
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Apple Slices	Orange Slices	Apple Slices	Pears	melon	Corn	Apple sauce
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Cucumber slices	Carrot Sticks	peas	Celery sticks	lettuce &	tomato sauce	Carrots w/ dip
combination of both						Enriched flour		tomato		Enriched flour
Bread or alternate	1/2 slice	1/2 slice	1 slice	Wheat Thins	Crescent Rolls	Noodles	Bread	Bread	Noodles	Tortilla
PM SNACK (2 groups) D										
Milk or	1/2 cup	1/2 cup	1 cup			Milk		Milk		Milk
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup		Apple Slices		Enriched flour		Banana	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Soft pretzel	Granola Bar	Pumpkin Bread	Tortilla	choc chip cookie		
Meat or Alternate	1/2 oz	1/2 oz	1 oz	cheese			Cheese		Yogurt	Corn Dog
DINNER (5 groups) E										
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Tacos	Teriyaki	Swedish	Homemade	Tator Tot	Pork Chops	Loaded Baked
or egg	1	1	1	ground beef	Chicken	Meatballs	Pizza	Casserole		Potato
	2 T	3 T	4 T	cheese		ground beef	cheese	hamburger,		cheese, cubed
	1/4 cup	3/8 cup	1/2 cup	pinto beans			ham	cheese		ham
	1/4 cup	1/2 cup	3/4 cup	Lettuce &	Fruit salad	Pineapple	Apple Slices	Corn	Baked potato	Broccoli
	1/4 cup	1/2 cup	3/4 cup	tomato	Broccoli,	Green Salad	Tomato Sauce	Tator tot potatoes	Green Beans	Baked Potato
combination of both				Enriched flour	Carrots					
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Taco Shells	Rice	Noodles	Crust	Roll	Roll	Bread
EVENING SNACK (2 groups) F										
	1/2 cup	1/2 cup	1 cup	Milk		Milk			Milk	
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Sliced peaches			Grapes	Orange Juice		Apple sauce
Bread or Alternate	1/2 slice	1/2 slice	1 slice		crackers	Graham cracker		Wheat Thins	Blueberry muffin	Graham Crackers
Meat or Alternate	1/2 oz	1/2 oz	1 oz		string cheese		yogurt			
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