

MEAL PATTERN	RECOMMENDED AMTS.			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1-3	3-6	6-12						
B R E A K F A S T	Fruit or Fruit Juice	1/4 cup	1/2 cup	1/2 cup	Waffle	Sausage	Yogurt	Corn muffin	Cereal
	Fruit or Fruit Juice, full-strength	1/4 cup	1/2 cup	1/2 cup	Orange juice	Hash brown	Blueberries	Strawberries	Bananas
	Bread or Cereal (whole-grain, enriched, or fortified)				1% milk	Apple juice	1% milk	1% milk	1% milk
	Bread or Cereal,	1/2 sl	1/2 sl	1 sl		1% milk			
	Cooked or Cold Dry or Cornbread, Biscuit, or Muffin	1/4 cup	1/4 cup	1/3 cup					
	Milk	1/4 cup	1/4 cup	1/3 cup					
	Milk, fluid	1/2 serv	1/2 serv	1 serv					
		4 oz.	6 oz.	8 oz.					
	Meat or Meat Alternative				Rice and beans	Sloppy Joe	Wow butter and jelly	Pasta Primavera	Pizza
	Lean Meat or Poultry or Fish edible portion as served, exclusive of fat, bone, or skin, or	1 oz.	1 1/2 oz.	2 oz.	Apple slices	w/ hawaiian bun	sandwiches	Cheese sticks	w/ meatballs
L U N C H	Cheese,Cheddar-type or Cheese,Cottage or Egg or Cooked Dry Beans or Peas	1 oz.	1 1/2 oz.	2 oz.	Corn	Carrot sticks	Pineapple chunks	Pears	Salad
	Vegetables and/or Fruits	4 tbsp.	6 tbsp.	1/2 cup	1% milk	Peaches	Celery sticks	1% milk	Oranges
/	Vegetable, Cooked and	4 tbsp.	6 tbsp.	1/2 cup		1% milk	1% milk		1% milk
S U P P E R	Vegetable, raw or Fruit, fresh	2 tbsp.	1/4 cup	1/4 cup					
	Bread or Bread Alternative whole-grain or enriched								
	Bread, or Cornbread, Biscuit, or Muffin, or	1/2 sl	1/2 sl	1 sl					
	Cooked Pasta or Noodle Product or Cooked Rice	1/2 serv	1/2 serv	1 serv					
	Milk, Milk,fluid	1/4 cup	1/2 cup	1/2 cup					
		1/4 cup	1/2 cup	1/2 cup					
		4 oz.	6 oz.	8 oz.					
P M	1) Milk, fluid and a) Protein Sandwich (Egg or Fish Salad, Peanut Butter w/fruit, Cheese Biscuit) or	4 oz.	4 oz.	8 oz.	Gold fish	Hummus	Rice cakes	Graham crackers	Gogurt
	b) Biscuit, Muffin, Cornbread or c)Nutritious Cookie (Oatmeal, Peanut Butter, Raisin,	1/4 ea.	1/2 ea.	1/2 ea.	Raisins	Pretzel rods	Fruit snacks	Dried apricots	Craisins
S N A C K	Molasses, Graham Cracker) or d) Fresh Fruit, in season or 2) Assorted Fresh Fruits or Vegetables in Season	1/2 serv	1/2 serv	1 serv	1% milk	1% milk	1% milk	1% milk	1% milk
		1-2 ea	1-2 ea	2-3 ea					
		1/2 cup	1/2 cup	3/4 cup					
		1/2 cup	1/2 cup	3/4 cup					
		1 med.	1 med.	1 lge.					
	a) Cheese cubes or Wedges or b) Cottage Cheese dip	1/2 oz.	1/2 oz.	1 oz.					
		2 tbsp.	2 tbsp.	4 tbsp.					

*Serve dark green, leafy or deep yellow vegetables 3 or 4 times weekly,

Serve Vitamin C-rich juice or fruit daily.

*We are An Equal Opportunity Program