

RECOMMENDED AMTS.									
MEAL PATTERN	IF FOOD BY AGE			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1-3	3-6	6-12						
BREAKFAST	Fruit or Fruit Juice	1/4 cup	1/2 cup	1/2 cup	Waffles	Corn muffin	Oatmeal	Fruit bowl	Farina
	Fruit or Fruit Juice, full-strength	1/4 cup	1/2 cup	1/2 cup	w/ peaches	Raspberries	blueberries	w/ biscuit	Strawberries
	Bread or Cereal (whole-grain, enriched, or fortified)				Syrup	1% milk	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					
		1/4 cup	1/4 cup	1/3 cup					
		1/2 serv	1/2 serv	1 serv					
	Milk								
	Milk, fluid	4 oz.	6 oz.	8 oz.					
LUNCH / SUPPER	Meat or Meat Alternative				Fried rice w/ veggies	Ziti	Grilled cheese	Turkey	Cheese burgers sliders
	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.	Cheese sticks	w/ meatless sauce	pizza sticks	Mashed sweet potatoes	French fries
	Cheese,Cheddar-type or Cheese,Cottage or	1 oz.	1 1/2 oz.	2 oz.	Mixed fruits	Carrot sticks	Broccoli	Peas	Salad
	Egg or	4 tbsp.	6 tbsp.	1/2 cup	1% milk	Pineapple chunks	Apple slices	Orange slices	Cantaloupe
	Cooked Dry Beans or Peas	1 ea.	1 ea.	1 ea.					
	Vegetables and/or Fruits	4 tbsp.	6 tbsp.	1/2 cup					
	Vegetable, Cooked and								
	Vegetable, raw or Fruit, fresh	2 tbsp.	1/2 cup	1/2 cup					
	Bread or Bread Alternative whole-grain or enriched	2 tbsp.	1/4 cup	1/4 cup					
	Bread, or								
	Cornbread, Biscuit, or Muffin, or	1/2 sl	1/2 sl	1 sl					
	Cooked Pasta or Noodle Product or	1/2 serv	1/2 serv	1 serv					
	Cooked Rice	1/4 cup	1/2 cup	1/2 cup					
	Milk, Milk,fluid	1/4 cup	1/2 cup	1/2 cup					
	4 oz.	6 oz.	8 oz.						
PANCAKES	1) Milk, fluid and	4 oz.	4 oz.	8 oz.	Cucumbers	Graham Crackers	Yogurt	Trial Mix	Wow butter
	a) Protein Sandwich (Egg or Fish Salad, Peanut Butter w/fruit, Cheese Biscuit) or	1/4 ea.	1/2 ea.	1/2 ea.	Crackers	Craisins	Raisins	1% milk	Apples
	b) Biscuit, Muffin, Cornbread or				1% milk	1% milk	1% milk		1% milk
	c)Nutritious Cookie (Oatmeal, Peanut Butter, Raisin, Molasses, Graham Cracker) or	1/2 serv	1/2 serv	1 serv					
	d) Fresh Fruit, in season	1-2 ea	1-2 ea	2-3 ea					
	or 2) Assorted Fresh Fruits or Vegetables in Season	1/2 cup	1/2 cup	3/4 cup					
		1 med.	1 med.	1 lge.					
	a) Cheese cubes or Wedges or	1/2 cup	1/2 cup	3/4 cup					
	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.				