

RECOMMENDED AMTS.

MEAL PATTERN

IF FOOD BY AGE

1-3

3-6

6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

B	Fruit or Fruit Juice	1/4 cup	1/2 cup	1/2 cup	Waffles	Corn muffin	Oatmeal	Fruit bowl	Farina
R	Fruit or								
E	Fruit Juice, full-strength	1/4 cup	1/2 cup	1/2 cup	w/ peaches	Raspberries	blueberries	w/ biscuit	Strawberries
A	Bread or Cereal (whole-grain, enriched, or fortified)	1/4 cup	1/2 cup	1/2 cup					
K	Bread or	1/2 sl	1/2 sl	1 sl	Syrup	1% milk	1% milk	1% milk	1% milk
F	Cereal,								
A	Cooked or	1/4 cup	1/4 cup	1/3 cup					
S	Cold Dry or	1/4 cup	1/4 cup	1/3 cup					
T	Cornbread, Biscuit, or Muffin	1/2 serv	1/2 serv	1 serv					
Milk									
	Milk, fluid	4 oz.	6 oz.	8 oz.					
	Meat or Meat Alternative				Fried rice w/ veggies	Ziti	Grilled cheese	Turkey	Cheese burgers sliders
	Lean Meat or Poultry or Fish	1 oz.	1 1/2 oz.	2 oz.	Cheese sticks	w/ meatless sauce	pizza sticks	Mashed sweet potatoes	French fries
	edible portion as served, exclusive of fat, bone, or skin, or								
L	Cheese, Cheddar-type or	1 oz.	1 1/2 oz.	2 oz.	Mixed fruits	Carrot sticks	Broccoli	Peas	Salad
U	Cheese, Cottage or	4 tbsp.	6 tbsp.	1/2 cup					
N	Egg or	1 ea.	1 ea.	1 ea.	1% milk	Pineapple chunks	Apple slices	Orange slices	Cantaloupe
C	Cooked Dry Beans or Peas	4 tbsp.	6 tbsp.	1/2 cup					
H	Vegetables and/or Fruits					1% milk	1% milk	1% milk	1% milk
/	Vegetable, Cooked and	2 tbsp.	1/2 cup	1/2 cup					
S	Vegetable, raw or Fruit, fresh	2 tbsp.	1/4 cup	1/4 cup					
U	Bread or Bread Alternative								
P	whole-grain or enriched								
P	Bread, or	1/2 sl	1/2 sl	1 sl					
M	Cornbread, Biscuit, or Muffin, or	1/2 serv	1/2 serv	1 serv					
R	Cooked Pasta or Noodle Product or	1/4 cup	1/2 cup	1/2 cup					
	Cooked Rice	1/4 cup	1/2 cup	1/2 cup					
	Milk, Milk, fluid	4 oz.	6 oz.	8 oz.					
P	1) Milk, fluid and	4 oz.	4 oz.	8 oz.	Cucumbers	Graham Crackers	Yogurt	Trial Mix	Wow butter
M	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
S	b) Biscuit, Muffin, Cornbread or	1/2 serv	1/2 serv	1 serv					
N	c) Nutritious Cookie (Oatmeal, Peanut Butter, Raisin, Molasses, Graham Cracker) or	1-2 ea	1-2 ea	2-3 ea	1% milk	1% milk	1% milk	1% milk	
A	d) Fresh Fruit, in season	1/2 cup	1/2 cup	3/4 cup					
C		1/2 cup	1/2 cup	3/4 cup					
K	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 oz.	1/2 oz.	1 oz.					
	b) Cottage Cheese dip	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.