

WEEKLY MENU FORM

MINIMUM AMOUNT FOR AGE GROUPS INDICATED AFTER FOODS				Provider Name _____				
Meal	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST/ 3 COMPONENTS								
1. Milk	1/2 cup	3/4 cup	1 cup					
2. Bread/Grain	1/2 slice	1/2 slice	1 slice					
Cereal cold or dry	1/4 cup	1/3 cup	3/4 cup					
Cereal cooked or hot	1/4 cup	1/4 cup	1/2 cup					
3. Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup					
A.M. SNACKS / 2 COMPONENTS								
1. Milk	1/2 cup	1/2 cup	1 cup					
2. Meat, Poultry, Fish or Cheese	1/2 oz	1/2 oz	1 oz					
Egg	1/2 egg	1/2 egg	1 egg					
Cooked Dry Beans or Peas	1/8 cup	1/8 cup	1/4 cup					
Peanut Butter	1 tbsp	1-1/2 tbsp	2 tbsp					
3. Bread / Grain	1/2 slice	1/2 slice	1 slice					
4. Fruit/Vegetable	1/2 cup	1/2 cup	3/4 cup					
LUNCH / 4 COMPONENTS								
1. Milk	1/2 cup	3/4 cup	1 cup					
2. Meat, Poultry, Fish or Cheese or	1 oz	1-1/2 oz	2 oz					
Egg or	1 egg	1 egg	1 egg					
Cooked Dry Beans or Peas or	1/4 cup	3/8 cup	1/2 cup					
Peanut Butter	2 tbsp	3 tbsp	4 tbsp					
3. Bread / Grain or	1/2 slice	1/2 slice	1 slice					
Pasta	1/4 cup	1/4 cup	1/2 cup					
4. #1 Fruit/Vegetable	1/4 cup	1/2 cup	3/4 cup					
5. #2 Fruit/Vegetable	<i>Combined with #1 Vegetable Total</i>							
P.M. SNACKS / 2 COMPONENTS								
1. Milk	1/2 cup	1/2 cup	1 cup					
2. Meat, Poultry, Fish or Cheese	1/2 oz	1/2 oz	1 oz					
Egg	1/2 egg	1/2 egg	1 egg					
Cooked Dry Beans or Peas	1/8 cup	1/8 cup	1/4 cup					
Peanut Butter	1 tbsp	1-1/2 tbsp	2 tbsp					
3. Bread / Grain	1/2 slice	1/2 slice	1 slice					
4. Fruit/Vegetable	1/2 cup	1/2 cup	3/4 cup					