

WEEKEND MENU FORM						
MINIMUM AMOUNT FOR AGE GROUPS INDICATED AFTER FOODS				PROVIDER NAME _____		
Meal	Ages 1-2	Ages 3-5	Ages 6-12	Saturday		Sunday
BREAKFAST/ 3 COMPONENTS						
1. Milk	1/2 cup	3/4 cup	1 cup			
2. Bread	1/2 slice	1/2 slice	1 slice			
Cereal dry cold	1/4 cup	1/3 cup	3/4 cup			
Cereal hot cooked	1/4 cup	1/4 cup	1/2 cup			
3. Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup			
Extras						
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	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	1 oz	1-1/2 oz	2 oz			
Egg	1 egg	1 egg	1 egg			
Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup			
Peanut Butter	2 tbsp	3 tbsp	4 tbsp			
3. Bread	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	1/2 slice	1/2 slice	1 slice			
4. Fruit/Vegetable	1/2 cup	1/2 cup	3/4 cup			