

## WEEKEND SUPPER NIGHTSNACK MENU FORM

MINIMUM AMOUNT FOR AGE GROUPS INDICATED AFTER FOODS Provider Name \_\_\_\_\_

Meal	Ages 1-2	Ages 3-5	Ages 6-12	Saturday	Sunday
<b>Supper / 4 COMPONENTS</b> <i>(Must be different from lunch, if serving the same children)</i>					
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		
4. #1 Fruit/Vegetable	1/4 cup	1/2 cup	3/4 cup		
5. #2 Fruit/Vegetable	<i>Combined with #1 Vegetable Total</i>				
<b>NIGHT SNACK / 2 COMPONENTS</b> <i>(Must be different from P.M. Snack, if serving the same children)</i>					
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		