

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST					
½ cup	¾ cup	1 cup	MILK	MILK	MILK	MILK	MILK	MILK
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	CEREAL	MUFFINS	CEREAL	MUFFINS	GRITS W/ SAUSAGE
¼ cup	½ cup	½ cup	FRUIT, VEGGIE OR JUICE	ORANGES	APPLE SAUCE	BANANAS	BANANAS	APPLES
AM SNACK (CHOOSE 2)								
½ cup	½ cup	½ cup	DRINK	JUICE	JUICE	JUICE	JUICE	JUICE
½ slice	½ slice	½ slice	BREAD OR BREAD ALTERNATE	GOLDFISH	GRAHAM CRACKERS	RITZ	CHEEZ IT	ANIMAL CRACKERS
½ cup	½ cup	½ cup	FRUIT OR VEGGIES					
½ oz	½ oz	½ oz	MEAT OR MEAT ALTERNATE					
LUNCH								
½ cup	¾ cup	1 cup	MILK	MILK	MILK	MILK	MILK	MILK
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	SPAGHETTI MEAT SAUCE	*CORNBREAD RICE RED BEANS W/ SMOKED SAUSAGE	CHICKEN FRIES MASHED POTATOES	MAC & CHEESE W/ HOT DOGS	PIZZA OR HAM SAND-WHICHES
1oz	1 ½ oz	2oz	MEAT OR MEAT ALTERNATE					
1/8 c	1/4 cup	¼ cup	VEGGIE FRUIT	GREEN BEANS	CORN	PEAS	GREEN BEANS	CUCUMBERS
1/8 c	¼ cup	½ cup		PINEAPPLE	PEACHES	PEARS	ORANGES	TROPICAL FRUIT
PM SNACK (CHOOSE 2)								
½ cup	½ cup	1 cup	DRINK	JUICE	JUICE	JUICE	JUICE	JUICE
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	ANIMAL CRACKERS	CHEEZ IT	GOLDFISH	GRAHAM CRACKERS	RITZ
½ cup	½ cup	¾ cup	FRUIT OR VEGGIES					
½ oz	½ oz	1 oz	MEAT OR MEAT ALTERANTE					

AGES 1-2	AGES 3-5	AGES 6-12	BREAKFAST					
½ cup	¾ cup	1 cup	MILK	MILK	MILK	MILK	MILK	MILK
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	CEREAL	MUFFINS	CEREAL	MUFFINS	GRITS W/ SAUSAGE
¼ cup	½ cup	½ cup	FRUIT, VEGGIE OR JUICE	ORANGES	APPLE SAUCE	BANANAS	BANANAS	APPLES
AM SNACK (CHOOSE 2)								
½ cup	½ cup	½ cup	DRINK	JUICE	JUICE	JUICE	JUICE	JUICE
½ slice	½ slice	½ slice	BREAD OR BREAD ALTERNATE	GOLDFISH	GRAHAM CRACKERS	RITZ	CHEEZ IT	ANIMAL CRACKERS
½ cup	½ cup	½ cup	FRUIT OR VEGGIES					
½ oz	½ oz	½ oz	MEAT OR MEAT ALTERNATE					
LUNCH								
½ cup	¾ cup	1 cup	MILK	MILK	MILK	MILK	MILK	MILK
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	CHICKEN ALFREDO	*CORNBREAD RICE WHITE BEANS W/ SMOKED SAUSAGE	MAC & CHEESE BEEF	CHICKEN RICE & GRAVY	PIZZA OR HAM SAND-WHICHES
1oz	1 ½ oz	2oz	MEAT OR MEAT ALTERNATE					
1/8 c 1/8 c	1/4 cup ¼ cup	¼ cup ½ cup	VEGGIE FRUIT	GREEN BEANS APPLES	PEAS & CARROTS PEACHES	CORN TROPICAL FRUIT	PEAS PINEAPPLE	CELERY ORANGES
PM SNACK (CHOOSE 2)								
½ cup	½ cup	1 cup	DRINK	JUICE	JUICE	JUICE	JUICE	JUICE
½ slice	½ slice	1 slice	BREAD OR BREAD ALTERNATE	ANIMAL CRACKERS	CHEEZ IT	GOLDFISH	GRAHAM CRACKERS	RITZ
½ cup	½ cup	¾ cup	FRUIT OR VEGGIES					
½ oz	½ oz	1 oz	MEAT OR MEAT ALTERANTE					

