

Weekly Menu

Provider Name:

Week of:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk
	Fruit or Vegetable				
	Bread/Bread Alternative				
	Meat/Meat Alternative (optional)				
MS(SNACK)	Select 2 from different groups				
	Milk				
	Meat/Meat Alternative				
	Vegetable				
	Fruit				
Bread/Bread Alternative					
LUNCH	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative				
	Vegetable				
	Fruit or Vegetable				
	Bread/Bread Alternative				
AS (SNACK)	Select 2 from different groups				
	Milk				
	Meat/Meat Alternative				
	Vegetable				
	Fruit				
Bread/Bread Alternative					
SUPPER	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternative				
	Vegetable				
	Fruit or Vegetable				
	Bread/Bread Alternative				

MILK REQUIREMENTS

One Year Old - Unflavored Whole Milk Only

Ages 2 -5 - Unflavored 1% or Fat Free Milk Only

Ages 6 - 13 - Unfalvored or Flavored 1% or Fat Free Milk Only