Institution/Facility Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agreement #: \_\_\_\_\_\_

| **Meal Type** | **Meal Component** | **Minimum Serving Sizes** | **Month/Year:** | **Week of:** |
| --- | --- | --- | --- | --- |
| ***Ages 1-2*** | ***Ages 3-5*** | ***Ages 6-18*** | **Monday**      | **Tuesday**      | **Wednesday**      | **Thursday**      | **Friday**      | **Saturday**      | **Sunday**      |
| **BREAKFAST** | Fluid Milk1 | 4 fl. oz.(½ cup) | 6 fl. oz.(¾ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |       |       |
| Vegetable/Fruit2 | ¼ cup | ½ cup | ½ cup |       |       |       |       |       |       |       |
| Grains3 | ½ serving  | ½ serving | 1 serving |       |       |       |       |       |       |       |
| Meat/Alternate (Optional substitute for grains ≤3 x /week)  | 1/2 oz. | 1/2 oz. | 1 oz. |       |       |       |       |       |       |       |
| **LUNCH/SUPPER** | Fluid Milk1 | 4 fl. oz.(½ cup) | 6 fl. oz.(¾ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |       |       |
| Vegetable2 | $^{1}/\_{8}$ cup | ¼ cup | ½ cup |       |       |       |       |       |       |       |
| Vegetable/Fruit2 | $^{1}/\_{8}$ cup | ¼ cup | ¼ cup |       |       |       |       |       |       |       |
| Meat/Alternate | 1 oz. | 1-½ oz. | 2 oz. |       |       |       |       |       |       |       |
| Grains3 | ½ serving | ½ serving | 1 serving |       |       |       |       |       |       |       |
| **SNACK**- *CHOOSE 2* | Fluid Milk1 | 4 fl. oz.(½ cup) | 4 fl. oz.(½ cup) | 8 fl. oz.(1 cup) |       |       |       |       |       |       |       |
| Vegetable2 | ½ cup | ½ cup | ¾ cup |       |       |       |       |       |       |       |
| Fruit2 | ½ cup | ½ cup | ¾ cup |       |       |       |       |       |       |       |
| Meat/Alternate | ½ oz. | ½ oz. | 1 oz. |       |       |       |       |       |       |       |
| Grains3 | ½ serving | ½ serving | 1 serving |       |       |       |       |       |       |       |

1**Fluid Milk: 1 year old**: Unflavored whole milk; **2-5 years old**: unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older**: unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow’s milk at any age. **Non-dairy beverages** may be served with appropriate documentation. 2**Juice,** if served, is pasteurized full-strength (100%) juice. 3 **WG, WW, and WGR** indicate whole grain-rich foods.