

OCCNP				Daily Cycle Menus (American)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	1	2	3	4	5	6	7	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Apple slices	Orange sections	Banana slices	Orange slices	Fruit Cocktail	Peaches	Strawberries	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	French Toast	Hot Oatmeal	Cold Rice Cereal**	Sweet Roll	Cinnamon Toast	Hot wheat cereal	Pancakes	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Pears	Tomato juice	Milk	Cucumber coins	Cherry tomatoes		Pineapple chunks	
Bread OR alternate	½ slice	½ slice	1 slice	Bread sticks	Saltine crackers	Graham crackers	Wheat bread	Wheat crackers	Saltine crackers	Cookies*(allowed)	
Meat OR alternate	½ oz.	½ oz.	1 oz.						Cheese slice		
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4Tbsp	Hot dog	Cheese slice	Chicken † Cottage cheese (†Chicken & Rice soup)	Bologna & cheese	Chicken patties	Tuna fish w/cheese slice	Ground beef †	
Fruit (2 or more) OR Veg. (2 or more) OR com	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cantaloupe Carrots & celery	Apple slices Carrot sticks	Grapes Steamed carrots	Orange Green beans	Applesauce Broccoli	Orange segments Carrots & celery	† Chili Baked apple Corn	
Bread OR alternate	½ slice	½ slice	1 slice	Bun	Bread (sandwich)	Rice †	Bread (sandwich)	Bun	Bread (sandwich)	Cornbread	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Celery sticks	Orange juice	Milk		Pineapple chunks	Milk	Orange Juice	
Bread OR alternate	½ slice	½ slice	1 slice	Cheese cubes & Peanut butter	Bagel	Strawberries	Saltine crackers	Saltine crackers	Graham crackers	Donuts	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese sticks				
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4Tbsp	Grilled ham & cheese	Ham chunks & melted cheese † (†Macaroni & cheese*)	Ground beef † grated cheese† (†Tacos)	Meatloaf	Grilled cheese Cottage cheese	Baked chicken	Tuna casserole with cheese	
Fruit (2 or more) OR Veg. (2 or more) OR com	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Pear halves Broccoli	Orange segments Cauliflower	Watermelon Tomato/lettuce	Green salad Corn	Banana Carrot sticks	Baked apple Green beans	Apple Green salad	
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Macaroni †	Taco shells** †	Roll	Bread (sandwich)	Rice	Roll	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Banana	Chocolate Milk	Milk	Chocolate Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Cookies (allowed)	Donut	Cornbread	Cold oat cereal**	Banana bread	Celery & raisins† (†Ants-on-a-log)	Cinnamon toast	
Meat OR alternate	½ oz.	½ oz.	1 oz.						Peanut butter †		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Cycle Menus (American)				Age 1-2		Age 3-5		Age 6-12	
				8	9	10	11	12	13	14			
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially													
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Peach slices	Pear halves	Applesauce	Strawberries	Banana	Apple juice	Grapefruit half			
Bread OR alternate OR Cereal	½ slice	½ slice	1 slice	Biscuits	Muffin	Toast	Pancakes	English muffin	Hot Oatmeal	Cold Oat cereal**			
	¼ cup	⅓ cup	¾ cup										
A.M. SNACK (2 groups)													
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup				Apple juice	Milk			Milk		
Bread OR alternate	¼ cup	½ cup	¾ cup	Grapes	Donut	Bagel	Graham crackers	Strawberries	Pear halves	Banana			
Meat OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Yogurt	Meat & cheese			Graham crackers				
	½ oz.	½ oz.	1 oz.										
LUNCH (5 groups)													
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz.	1½ oz.	2 oz.	Cheese slices	Cheese sticks	Beef strips (Lu-pulu)	Cheese slice	Hot dog	Tuna chunks & melted cheese†	Ham & cheese			
Fruit (2 or more) OR Veg. (2 or more) OR comb	one	one	one	Apple	Peanut butter (& jelly)	Orange slices	Egg salad	Apple	(† Macaroni & cheese*)	Orange	Apple slices		
Bread OR alternate	2Tbsp.	3Tbsp.	4Tbsp.	Carrots & celery	Applesauce	Steamed broccoli	Grapes	Potato salad	Peas	Macaroni†	Fried potatoes		
	¼ cup	⅔ cup	½ cup	Bread (sandwich)	Celery sticks	Roll	Carrot chips	Bun			Bread (sandwich)		
	¼ cup	½ cup	¾ cup				Bread (sandwich)						
	½ slice	½ slice	1 slice										
P.M. SNACK (2 groups)													
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup	Milk	Milk	Banana	Orange segments	Orange juice	Grapes				
Bread OR alternate	¼ cup	½ cup	¾ cup	Farm Cookies	Animal crackers	Muffin	Saltine crackers	Banana bread	Bread (sandwich)	Saltine crackers			
Meat OR alternate	½ slice	½ slice	1 slice						Peanut butter	Cheese slices			
	½ oz.	½ oz.	1 oz.										
DINNER (5 groups)													
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz.	1½ oz.	2 oz.	Beef stew & cottage cheese	Beef sauce † w/Parmesan cheese†	Hamburger patty & cheese slice	Beef chunks †	Chicken	Baked fish	Ground beef			
Fruit (2 or more) OR Veg. (2 or more) OR comb	one	one	one	Pear halves	(†Spaghetti w/ Meat sauce*)	Pear halves	(† Chow Mein*)	Peas	Orange slices	grated cheese†			
Bread OR alternate	2Tbsp.	3Tbsp.	4Tbsp.	Tomato slices	Melon slices	Carrot sticks	Pineapple rings	Mashed Potatoes	Fried potatoes	(†Meat & cheese pizza*)			
	¼ cup	⅔ cup	½ cup	Cornbread	Green salad	Bun	Pea pods/ sprouts †	Bread sticks	Roll	Peach slices			
	¼ cup	½ cup	¾ cup		Spaghetti noodle†		Rice †			Green Salad			
	½ slice	½ slice	1 slice							Pizza crust*†			
	½ oz.	½ oz.	1 oz.										
EVE. SNACK (2 groups)													
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup	Milk		Milk		Apple juice	Milk	Milk			
Bread OR alternate	¼ cup	½ cup	¾ cup	Corn Flakes**	Pineapple rings	Bread (sandwich)	Celery & raisins	Bread (sandwich)	Cinnamon toast	Muffin			
Meat OR alternate	½ slice	½ slice	1 slice		Saltine crackers	Cheese slice	(ants-on-a-log)	Peanut butter					
	½ oz.	½ oz.	1 oz.										

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Cycle Menus (American)			Age 1-2	Age 3-5	Age 6-12		
	Ages 1-2	Ages 3-5	Ages 6-12	15	16	17	18	19	20	21	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Applesauce	Peach slices	Pear halves	Banana slices	Onion/pepper/peas	Apple	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cream of Wheat	Toast	Waffles	Pancakes	Cold wheat cereal**	Toast / Apple (Omelette)	Rice pudding Toast	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Grape juice	Peaches		Milk	Milk		
Bread OR alternate	½ slice	½ slice	1 slice	Donut	Bread sticks	Toast	Bread (sandwich)	Graham cracker	Rice pudding	Orange juice	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese slice			Cinnamon toast	
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese	1 oz.	1½ oz.	2 oz.	Chicken chunks †	Melted cheese †	Beef chunks †	Hamburger sauce†	Tuna salad	Grilled cheese	Chicken salad	
Eggs OR Peanut butter OR Dried beans & peas	one 2 Tbsp.	one 3Tbsp.	one 4Tbsp.	& cheese sticks († Chicken & vegetable soup)	sliced ham † († English muffin pizza)	cottage cheese († Beef & veget. soup)	w/Parmesan cheese† († Spaghetti with meat sauce)	cheese slices	cottage cheese	cheese cubes	
Fruit (2 or more) OR Veg(2 or more) ORcomb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple Potato/peas/carrot†	Tomato slice Lettuce	Banana slices Potato/peas/carrot†	Orange Celery sticks	Grapes Carrot slices	Sliced peaches Cauliflower	Banana Carrot sticks	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	English muffin †	Bread sticks	Spaghetti noodles**†	Bread (sandwich)	Bread(sandwich)	Bread(sandwich)	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup		Milk		Milk	Milk	Milk		
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Banana bread	Apple Soda crackers	Applesauce	Bread (sandwich)	Muffin	Grapes Toast	
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice				Peanut butter			
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Roast beef	Chicken	Broiled fish	Cottage cheese	Grated cheese †	Hamburger patty	Roast Turkey	
Fruit (2 or more) OR Veg(2 or more) ORcomb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Green beans Mashed potatoes	Pear halves Potatoes	Melon slices Peas & Carrots	Lentil soup Pineapple rings	(† Vegetable & cheese pizza*) Orange & salad	Apple Carrot sticks	Watermelon Green beans	
Bread OR alternate	½ slice	½ slice	1 slice	Roll	Roll	Rice	Tossed salad Bread sticks	Onion, peppers, mushrooms, pineapple† Pizza crust** †	Bun	Dressing	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Chocolate Milk					
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Toasted Oat cereal**	Toast	Apple	Watermelon Saltine crackers	Orange juice	Bread(sandwich)	
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter			Cheese cubes		Scrambled egg	Cheese slice	

OCCNP				Daily Cycle Menus (Latino)				Age 1-2	Age 3-5	Age 6-12	
				22	23	24	25	26	27	28	
Ages 1-2				Ages 3-5				Ages 6-12			
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Bananas	Grapes	Banana	Strawberries	Applesauce	Peach slices	Pineapple chunks	
Bread OR alternate OR Cereal	½ slice	½ slice	1 slice		Corn cakes	Corn bread	Tortilla**	Toast		Toast	
	¼ cup	⅓ cup	¾ cup	Cold rice cereal**					Oatmeal		
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup	Milk			Milk		Milk	Milk	
Bread OR alternate	¼ cup	½ cup	¾ cup		Orange juice			Grapes			
Meat OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Toast	Bread sticks	Graham cracker	Bread slice	Cornmeal cereal	Muffin	
	½ oz.	½ oz.	1 oz.	Peanut butter		Yogurt					
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz.	1½ oz.	2 oz.	Ground beef (taquitos)	Tuna salad	Chicken chunks† cheese cubes († Chicken Soup)	Fried pork	Broiled chicken	Hot Dog	Fried Liver (with onions)	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup	½ cup	¾ cup	Grapes	Orange slices	Apple	Orange	Fried plantain	Banana	Apple slices	
Bread OR alternate	¼ cup	½ cup	¾ cup	Green salad	Lettuce & Tomato	Carrot sticks	Carrots/Celery	Steamed Broccoli	Carrots & Tomato	Carrot salad	
	½ slice	½ slice	1 slice	Rice & tortilla**	Bread (sandwich)	Bread slice	Rice	Rice	Bun	Rice	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Bread OR alternate	¼ cup	½ cup	¾ cup	Carrot sticks							
Meat OR alternate	½ slice	½ slice	1 slice		Sweet bread	Soda crackers	Cinnamon toast	Corn tortillas**		(with Jelly)	
	½ oz.	½ oz.	1 oz.			Peanut butter			Cheese slices	Bread (sandwich)	
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz.	1½ oz.	2 oz.	Fried egg	Chicken chunks† Cheese slice (†Chicken & vegetable soup)	Broiled fish	Fried chicken	Broiled steak	Chicken chunks† († Chicken enchiladas)	Roast pork	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup	½ cup	¾ cup	Refried beans	Sliced apples	Orange slices	(†Potato taquitos with cabbage)	Refried beans	Refried bean	Apple slices	
Bread OR alternate	¼ cup	½ cup	¾ cup	Orange slices	Potato/peas/carrot†	Baked potato	Banana	Orange	Melon balls	Steamed peas	
	½ slice	½ slice	1 slice	Tomato chunks	Bread sticks	Rice & tomatoes	Potato, cabbage †	Steamed carrots	Tomato slices	Rice	
	½ slice	½ slice	1 slice	Tortillas**			Tortilla** †	Rice	Rice	Rice	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup	¾ cup	1 cup		Milk	Milk		Milk	Milk	Chocolate milk	
Bread OR alternate	¼ cup	½ cup	¾ cup	Pineapple juice	Grapes		Grape juice	Apple juice			
Meat OR alternate	½ slice	½ slice	1 slice	Toast		Soft pretzel**	Bread (sandwich)	Pumpkin Cookie	Cold Oat Cereal**	Graham cracker	
	½ oz.	½ oz.	1 oz.				Cheese slices				

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Cycle Menus (Latino)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	29	30	31	32	33	34	35	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Banana	Pear halves	Apple slices	Grapes	Banana	Orange slices	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ½ cup	1 slice ¾ cup	Cold oat cereal**	Hot wheat cereal	Toast	Tortilla**	Cinnamon toast	Cold rice cereal**	Corn bread	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Apple juice	Grape juice	Milk Carrot sticks	Pineapple juice	Milk	Milk Banana slices	Milk Apple	
Bread OR alternate	½ slice	½ slice	1 slice	Toast			Soda crackers	Graham crackers			
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slices						
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Shredded chicken	Beef stew Cheese slice	Shredded beef	Melted cheese † (†Cheese & bean burrito)	Hot Dog	Chicken soup Cheese slice	Onion Steak	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon slice Tomatoes	Apple Green lettuce salad	Banana Potatoes	Banana Carrot sticks	Orange slices Green salad	Apple Celery sticks	Watermelon Green beans	
Bread OR alternate	½ slice	½ slice	1 slice	Corn tortilla**	Bread	Rice & tortilla**	Tortilla**	Bun	Bread sticks	Tortilla**	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Orange slices	Milk Raisins	Grape juice	Pineapple slices		Milk Carrot sticks	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Bread	Toast	Tortilla**	Corn bread	Bread slice	Yogurt	
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Beef † grated cheese † († Beef tacos)	Beef sauce † parmesan cheese† († Spaghetti w/ meat sauce)	Chicken patty with chili	Beef balls in sauce † († Albondigas)	Chicken † († Fajitas)	Beef † cheese † (†Beef enchiladas)	†Chicken taco	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Mango slices Lettuce, tomato †	Peaches & Pears Lettuce salad	Apple slices Tomato & onion	Watermelon Zucchini	Mango slices onion/pepper/tomato †	Pear halves Carrots	Orange slices Lettuce, tomato†	
Bread OR alternate	½ slice	½ slice	1 slice	Rice & tortilla**†	French bread	Bun	Rice balls	Rice & tortilla**†	Rice & tortilla**†	Rice & tortilla**†	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup		(†Gorditas)		Milk Muffin	Grapes	(Jelly)	Chocolate Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Tortillas** †	Corn tortilla**			Bread(sandwich)	Graham cracker	
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice	Cheese †	Grated cheese		Cheese cubes	Peanut butter		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Daily Cycle Menus (Latino)

Age 1-2

Age 3-5

Age 6-12

	Ages 1-2	Ages 3-5	Ages 6-12	36	37	38	39	40	41	42
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Banana slices	Applesauce	Pineapple slice	Orange juice	Applesauce	Grapes	Apple
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ½ cup	1 slice ¾ cup		Toast	Zucchini bread		Pancakes	Flour & egg tortilla	Rice pudding Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Tomato juice	Grape juice	Milk Peach slices	Milk Strawberries	Apple juice	Grapes	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bagel	Tortilla** &			Banana bread	Toast	Zucchini bread
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slice				Yogurt	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Chicken chunks† (†Chicken & vegetable soup)	Fried steak		Beef chunks † cottage cheese (†Beef & vegetable soup)	Shredded beef cheese † (†Cheese potatoes)	Beef tamales grated cheese †	Fried egg
Fruit (2 or more) OR Veg (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cheese slice Apple slices Potato/peas/carrot†	Refried beans Orange slices Lettuce salad	Lentil soup Applesauce Green salad	Mango & orange Potato/peas/carrots†	Melon slices Potatoes †	Watermelon Carrot sticks	Lentils Banana slices Corn
Bread OR alternate	½ slice	½ slice	1 slice	Bread slices	Rice	Rice	Bread sticks	Rice	Rice	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk Grapes	Apple juice	Apple slices	Milk			Pineapple juice
Bread OR alternate	½ slice	½ slice	1 slice		Banana bread	Soda crackers	Graham cracker	Soda crackers	Bread(sandwich)	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese slices	Cheese slices	Yogurt	
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Roast beef	Shredded chicken	Fried Pork (Carnitas)	Braised chicken	Chicken † Cheese † (†Chicken enchiladas)	Beef in own juice	Beef † cheese † (†Tacos)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon Baked potato	Applesauce Lettuce & tomato	Papaya Squash	Banana/orange slices Boiled potatoes	Mango Onion & tomato†	Apple slices Broccoli	Tomato, olives Lettuce
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Roll	Rice & tortilla**†	Rice	Tortilla** †
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Celery sticks	Milk		Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread(sandwich)	Graham cracker	Soda crackers		Banana bread	Bread sticks	Melon
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter			Cheese sticks		Yogurt	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Daily Cycle Menus (Vietnamese)				Age 1-2	Age 3-5	Age 6-12					
	Ages 1-2	Ages 3-5	Ages 6-12	43	44	45	46	47	48	49	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Apple juice	Raisins & bananas	Strawberries	Applesauce	Orange juice	Grape juice	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cold rice cereal*	Cold oat cereal**	Steamed bun	Pancakes	Toast (& scrambled egg)	Wheat flakes cereal**	Hot wheat cereal**	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk		Milk	Milk	Milk		
Bread OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Toast	Grape juice	Corn Muffin	Banana	Graham crackers	Orange juice Soda crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.			Cheese slice					
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Ginger chicken	Fish slices (cooked in oriental sauce)	Ground Pork † (†Stuffed pepper)	Ground beef † (†Macaroni casserole with tomato sauce)	Pork † (†Stir fry pork)	Pork & taro root† soup Sweet 'n sour fish	Beef † (†Stir fry beef)	Pea pods, sproutst Mango or Apple Mustard greens Rice
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cucumber slices Celery & cabbage	Apple slices Green salad	Green pepper † Tomatoes	Orange slices Celery† & Salad	Melon slices Pea pods, sproutst	Grapes Green salad		
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Macaroni †	Rice	Rice	Rice	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Pineapple juice	Banana	Peaches	Orange juice	Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers			Graham cracker	Sweet cooked white beans	Banana	Soda crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.		Hard-boiled egg	Cheese slice				Yogurt	
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Beef † († Stir-fry beef)	Barbecued pork on a stick	Beef & tomato sauce	† Braised duck (w/chestnuts †)	Fried chicken	Shrimp † (†Stir fry shrimp)	Stewed chicken	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Orange Carrot sticks	Cucumber Lettuce & tomato	Tangerine Fried potato/onion	Mango Cabbage, beets & carrots †	Apple Potato & Lettuce	Fruit cocktail w/ banana slices Stir-fry broccoli & carrots †	Chilled peaches Cabbage	
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Roll or rice	Rice	Oriental noodles**	Rolls	Egg Noodles**	Rice	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Orange juice		Milk	Milk	Grape juice	
Bread OR alternate	½ slice	½ slice	1 slice	Celery sticks	Corn muffin	Toast	Soda crackers		Celery sticks		
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter		Peanut butter	Yogurt	Cold oat cereal**	Peanut butter	Hard boiled egg	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Cycle Menus (Vietnamese)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	50	51	52	53	54	55	56	
BREAKFAST (3 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Strawberries	Banana	Apple	Orange	Strawberries	Prunes	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Oatmeal	Wheat flakes cereal**	Cold corn cereal**	Corn flake cereal*	Toast (scrambled egg)	Pancakes	Cold oat cereal**	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Grapes	Milk	Apple juice	Milk	Grape juice	Apple juice	
Bread OR alternate	½ slice	½ slice	1 slice	Toast	Saltine crackers	Graham crackers	Bread(sandwich)	Blueberry muffin		Soda crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Peanut butter		Cheese cubes		
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Fried pork †	Chicken † Cheese slice (†Chicken soup)	Pork † (†cooked with coconut water)	Chicken † (†Stir fry chicken)	Fish † Cheese slice († Fish soup)	Chicken chunks† Shrimp & bacon†† († Chicken soup)	Simmered chicken w/ginger	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Bean curd † Peaches	Apple Carrot, celery corn, peas †	Plums Steamed cabbage	Watermelon Snow peas, carrot, mushrooms †	Pear halves Tomato, pineapple†	Grapes Garden salad ††	Banana Steamed broccoli & green beans	
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Noodlest/cracker	Rice	Rice	Rice	Rice †/Crackers	Rice	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Banana	Milk	Pineapple juice	Applesauce	Orange juice	Apple	Orange juice	
Bread OR alternate	½ slice	½ slice	1 slice	Cheese slice	Saltine crackers	Corn muffin		Toast	Muffin	Toast w/ Cheese	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese cubes				
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Stewed chicken†	Beef † (†Stir fry beef)	Beef † (†Beef chop suey)	Halibut, Perch Flounder † (†Sweet 'n sour fish)	Shrimp w/garlic† Chicken salad †† (†Stir fry shrimp)	Beef chunks † Cottage cheese (†Beef stew)	Pork † (†Stir fry pork)	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Dry wax gourd † Strawberries	Grapes Green pepper, carrot mushroom †	Pears Broccoli, carrots, bamboo shoots †	Cucumber slices Celery sticks	Nectarines Cabbage, onion†† Tomato†† sproutst	Orange Carrots, onion mushrooms †	Pear halves Carrots, green peas, mushroom†	
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Noodles** †	Rice	Rice	Bread slice	Rice	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Celery/raisins † (†ants-on-a-log)	Apple juice	Milk	Milk	Grape juice	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Hard boiled egg	Peanut butter †	Toast	Graham crackers		Waffles w/jam	Soda crackers	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Cycle Menus (Vietnamese)			Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	57	58	59	60	61	62	63
BREAKFAST (3 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Apple wedges	Banana	Orange	Banana	Orange segments	Strawberries	Prunes
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cheese toast	Pancakes	Toast	Cold corn cereal**	Corn flakes**	Cold oat cereal**	Toast (scrambled egg)
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Apple juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice
Bread OR alternate	½ slice	½ slice	1 slice	Toast		Corn muffin	Soda crackers		Banana	Saltine crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slice			Hard boiled egg		
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Pork † (†Sweet & sour Pork)	Roast pork loin	Chicken nuggets Ham chunks † (†Hamfried rice)	Chicken, roasted	Pork & shrimp (in oriental sauce)	Pork † († Pork roll)	Pork, ground w/steamed egg
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Carrots, green pepper, pineapple, cucumber†	Orange segments	Corn, peas, carrots†	Lettuce/tomatoes	Apple wedges	Watermelon	Apple
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Garden salad	Lettuce/tomatoes	French fries	Green beans	Cucumber/sprouts	Broccoli
					Rice	Rice †	Roll	Rice	Rolling rice cakes	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Pineapple juice	Apple juice	Grape juice	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Sweet cooked red beans	Banana bread	Cinnamon toast	Corn bread	Farmer cookies	Yogurt	Banana
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Liver † († Stir fry liver)	Chicken † († Chicken ragu)	Beef † († Beef curry)	Beef † († Beef vegetable w/ pan fried noodles)	Beef † († Beef stew)	Chicken † († Stir fry chicken)	Beef † († Stir fry beef)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple	Cantaloupe	Fruit cocktail w/ banana slices	Grapes	Honeydew melon	Peaches	Pears
Bread OR alternate	½ slice	½ slice	1 slice	Snow peas, carrots bamboo shoots†	Carrot, potatoes onion, mushroom†	Swt potato, onion†	Broccoli, carrots celery †	Carrot, onion, & potatoes †	Napa cabbage mushrooms †	Asparagus & onion †
				Rice	Egg noodles** †	Rice	Noodles** †	Egg noodles** †	Rice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice	Grape juice
Bread OR alternate	½ slice	½ slice	1 slice		Graham crackers		Strawberries	Graham crackers	Corn muffin	Celery &
Meat OR alternate	½ oz.	½ oz.	1 oz.	Hard boiled egg		Cheese cubes	Cottage cheese			Peanut butter

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

OCCNP				Daily Infant Cycle Menu								Groups: 0-3 months			4-7 months			8-11 months		
	0 - 3 months	4 - 7 months	8 - 11 months	1	2	3	4	5	6	7										
BREAKFAST																				
Infant formula (iron fortified)	4 -6 oz.	4 - 8 oz.	6 - 8 oz formula or whole milk	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula *	Formula *	Formula *	Formula *	Formula *	Formula *	Formula *	Formula *		
Infant cereal (with iron)	0	0 - 3 Tbsp	2 - 4 Tbsp.	Oatmeal	Rice cereal	Barley cereal	Mixed cereal	Rice cereal	Oatmeal	Barley cereal										
Fruit and/or vegetable	0	0	1 - 4 Tbsp.	Banana	Applesauce	Apricot	Peaches	Plums	Applesauce	Banana										
A.M. SNACK																				
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Applesauce (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)		
Bread OR crackers	0	optional	optional	Toast	Soda crackers	Graham crackers	Soda crackers	Toast	Soda crackers	Graham cracker										
LUNCH																				
Infant formula (iron fortified)	4 -6 oz.	4 - 8 oz.	6 - 8 oz. formula or whole milk	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)		
Infant cereal (with iron) and/or meat/egg/cheese	0	0 - 3 Tbsp	2 - 4 Tbsp.	Chicken	Beef	Rice Cereal	Oatmeal cereal	Turkey	Chicken	Rice cereal										
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Mixed vegetables	Squash	Green beans	Pears	Peas	Peaches	Applesauce										
P.M. SNACK																				
Infant formula (iron fortified)	4 -6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Formula (Iron fortified)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)		
Bread or crackers	0	optional	optional	Graham crackers	Soda crackers	Toast	Graham crackers	Toast	Soda crackers	Bread stick										
DINNER																				
Infant formula (iron fortified)	4 -6 oz.	4 - 8 oz.	6 - 8 oz. formula or whole milk	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)		
Infant cereal (with iron) and/or meat	0	0 - 3 Tbsp	2 - 4 Tbsp.	Beef stew	Chicken	Liver	Turkey	Beef	Rice cereal	Chicken										
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Banana	Peaches	Pears	Apricots	Mixed vegetables	Peas	Green beans										
EVE. SNACK																				
Infant formula (iron fortified)	4 -6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Pear juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)		
Bread or crackers	0	optional	optional	Soda cracker	Toast	Graham cracker	Soda cracker	Bread stick	Wheat crackers	White bread										

* Whole milk can be substituted for formula for babies 8-11 months.

Expressed breast milk, served in a bottle, can be used in place of the formula (ONLY for day care babies)

This menu is not intended to be used sequentially

Note: ALL juice must be 100% fruit, NO sugar added

Menu Substitutions

If you wish to substitute one meal component for another (for example, apple for watermelon) you must remember:

- 1) You can only substitute from within the same component list: protein for protein, grain for grain, fruit for fruit, etc.
- 2) You can NEVER substitute something in place of the milk component (however, you can add a flavor to the milk).
- 3) You MUST note all substitutions on the back of the claim form. Write the date, meal and the substitution
- 4) If you are substituting the entire meal it should be noted as 00 on the menu number part of the claim and then you must write the entire meal with the date and meal type (BALPDE) on the back of the claim form.

Acceptable Substitutions List

(all substitutions must meet minimum serving size requirements)

<u>Fruits</u> (fresh, canned†, dried or frozen)	<u>Vegetables</u> (fresh, canned†, dried or frozen)	<u>Breads</u> (and alternate grain products)	<u>Meats†</u> (and alternate protein products)
Apples	Alfalfa Sprouts	Bagels*	Beef
Applesauce	Asparagus	Biscuits	Black Beans, dried
Apricots	Avocado	Bread Sticks	Cheese
Bananas	Bean Sprouts	Cornbread	Chicken
Berries	Beets	Cracked Wheat Bread	Cottage Cheese
Carrotoupe	Bell Peppers	Cracked Wheat Cereal	Cornbeef
Cherries	Broccoli	Dumplings	Crab
Dates	Brussel Sprouts	Egg Roll Wrap	Eggs
Grapefruit	Cabbage	Empanadas (crust)	Fish, dried
Grapes (green or red)	Carrots	English Muffin	Fish, fresh water
Kiwi	Cauliflower	French Bread	Fish, salt water
Mango	Celery	French Toast	Garbanzo Beans, dried
Melons	Chile Peppers	Graham Crackers*	Hot Dog
Nectarines	Corn	Multi-grain Bread	Legumes
Okra	Cucumbers	Oatmeal Cereal	Lentils
Oranges	Egg Plant	Pancakes	Liverwurst
Papaya	Green Bananas	Pasta (macaroni, noodles, spaghetti)	Lobster
Peaches	Green Beans	Pita Bread	Lunch/Deli Meats
Pears	Green Peas	Pumpemickel Bread	Mutton
Pineapple	Jicama	Ramen Noodles	Nuts*
Plums	Kidney Beans	Rice	Peanut butter
Prunes	Lettuce (all kinds)	Rice Spring Roll Wrap	Peas, dried
Raisins	Lima Beans	Rolls	Pinto Beans, dried
Raspberries	Onions	Rye Bread	Polish Sausage
Strawberries	Pickles	Soda Crackers*	Pork
Tangerines	Plantain	Soft Pretzels	Red Beans, dried
Watermelon	Potatoes	Sopapillas	Sardines
	Pumpkin (<u>not</u> the pie)	Sour Dough Bread	Seafood (octopus, squid, etc.)
	Radishes	Stuffing (breaded)	Shrimp (fresh, frozen or dried)
	Spinach	Sweet Breads*	Tuna
	Squash	Tortillas, corn	Turkey
	Sweet potatoes	Tortillas, flour	Venison
	Taro Leaves	Vienna Bread	Yogurt
	Taro Root	Waffles	
	Tomatoes	White Bread	
	Watercress	Whole Wheat Bread	
	Yams		
	Yucca		
	Zucchini		

*can be used as a substitute for snacks only

†must be commercially canned, processed or slaughtered. Home canned foods, or meat obtained while hunting are not claimable

Note: Cereal, breads, pastas & taco shells must be whole or enriched grain