

CYCLE MENU NUMBER		MENU 1			3-1	3-2	3-3	3-4	3-5	3-6	3-7
BREAKFAST (3 groups) A		Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Hash Browns	Orange slices	Apple Juice	Orange Juice	Banana	Orange slices	Apple Juice	
Bread / Alternate	1/2 slice	1 slice	1 slice	Pancakes		Toast	French Toast	English Muffin	Pancakes	Toast	
Cereal	1/4 cup	1/3 cup	3/4 cup	Eggs	Cherrios				Eggs	Bacon / Eggs	
AM SNACK (2 groups) B											
Milk or	1/2 cup	1/2 cup	1 cup		Milk	Milk	Milk		Milk		
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple Juice						Pineapple Juice	
Bread or Alternate	1/2 slice	1/2 slice	1 slice		English Muffin	Rice Chex	Graham Crackers	Ritz Crackers		Cinnamon Roll	
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cheese cubes				Cheese Cubes	Cheese		
LUNCH (5 groups) C											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese eggs or	1 oz 1	1 1/2 oz 1	2 oz 1	Turkey	Boiled Egg	Spaghetti w/ Cottage Cheese	meatballs	Peanut butter Cheese Cubes	Hamburger	Ham / Cheese	Chicken
peanut butter or	2 T	3 T	4 T								
dried beans & peas	1/4 cup	3/8 cup	1/2 cup			Tomato sauce					
Fruit (2 or more) or vegetables (2 or more) or	1/4 cup 1/4 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup	Potato Carrots	Lettuce salad Apple Slices	Tossed Salad	Carrot sticks	tomato / lettuce Celery sticks	Apple Corn	Pineapple	Potato Green Beans
combination of both						Enriched flour					
Bread or alternate	1/2 slice	1/2 slice	1 slice	Dressing / Roll	Bread / butter	noodles	Bread	Bun	Bread	Roll	
PM SNACK (2 groups) D											
Milk or	1/2 cup	1/2 cup	1 cup						Milk	Milk	
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup	Apples	Apple Juice	broccoli/carrots		Pears			
Bread or Alternate	1/2 slice	1/2 slice	1 slice				Toast	Toast	Donut	Graham Crackers	
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Peanut butter	Cheese cubes	Cottage Cheese	Melted cheese				
DINNER (5 groups) E											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese or egg	1 oz 1	1 1/2 oz 1	2 oz 1	Cheese / Toasted	Taco hamburger	Bologna / Cheese	Homemade Macaroni & cheese	Tuna Sandwich w/ boiled egg	Fish sticks CN Labeled	Pork	
peanut butter or	2 T	3 T	4 T	Sandwich							
dried beans & peas	1/4 cup	3/8 cup	1/2 cup		Refried beans						
Fruit (2 or more) or vegetables (2 or more) or	1/4 cup 1/4 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup	Applesauce Celery sticks	Lettuce / Tomato	Carrot sticks	Apples	Banana	Mixed fruits	Tossed Salad	
combination of both					Enriched flour					chunks	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bread	Tortilla	Bread	(noodles)	Bread	Roll	Roll	
EVENING SNACK (2 groups) F											
Milk or	1/2 cup	1/2 cup	1 cup			Milk				Milk	
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple juice	Apple Juice		Apple Juice	Grape Juice	Pineapple Juice	Banana	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Ritz Crackers	Muffin	Graham Cracker	Ritz Crackers	Toast	Saltines		
Meat or Alternate	1/2 oz	1/2 oz	1 oz								
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CYCLE MENU NUMBER		MENU 1			4-1	4-2	4-3	4-4	4-5	4-6	4-7
BREAKFAST (3 groups) A		Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Orange Juice	Banana	Orange Juice	Apple Juice	Orange Juice	Grape Juice	Orange Juice	
Bread / Alternate	1/2 slice	1 slice	1 slice		Toast	Pancakes	Toast/cereal	French Toast	English Muffin	Oatmeal	
Cereal	1/4 cup	1/3 cup	3/4 cup	Cereal	Eggs				Scrambled Eggs		
AM SNACK (2 groups) B											
Milk or	1/2 cup	1/2 cup	1 cup			Milk					Milk
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Carrot sticks	Cantaloupe	Banana	Assorted Veg.	Apple Juice	Tomato Juice		
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Saltines	Wheat Thins			Ritz Crackers	Wheat Thins	Donut	
Meat or Alternate	1/2 oz	1/2 oz	1 oz				Cottage Cheese				
LUNCH (5 groups) C											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Tuna Sandwich	Chicken	Cheese Cubes	Hot Dog	Chicken	Fish Sticks	Roast Pork	
eggs or	1	1	1			Peanut butter					
peanut butter or	2 T	3 T	4 T	Boiled egg		Sandwich					
dried beans & peas	1/4 cup	3/8 cup	1/2 cup			Fruit Cocktail					
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Green Beans	Corn on Cob		Carrot Sticks	Green Beans	Pineapple	Mixed	
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Peaches	Cole Slaw	Celery sticks	Cucumber	Banana	Broccoli	Vegetables	
combination of both										Fruit Salad	
Bread or alternate	1/2 slice	1/2 slice	1 slice	Bread	Roll	Bread	Bun	Rice	Rice	Roll	
PM SNACK (2 groups) D											
Milk or	1/2 cup	1/2 cup	1 cup			Milk					
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup	Grape Juice	Celery		Melon Kebobs	broccoli	Banana	Milk	
Bread or Alternate	1/2 slice	1/2 slice	1 slice			Choc chip cookie			Graham Cracker		
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Cheese cubes	peanut butter		Cheese cubes	cottage cheese		Sugar Cookies	
DINNER (5 groups) E											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Pork Chop	Grilled Cheese	Meat Loaf	Ham / Cheese	Sloppy Joes	Chili	Tuna / Noodle	
or egg	1	1	1		Sandwich			ground beef	hamburger	Bake	
peanut butter or	2 T	3 T	4 T		cheese				beans	Tuna / Cheese	
dried beans & peas	1/4 cup	3/8 cup	1/2 cup								
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Apple sauce	Peaches	Baked Potato	Lettuce / tomato	Tomato sauce	Apples	Peas	
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Corn	Carrot sticks	Apple Salad	Strawberries	Celery /	Tomato sauce	Peaches	
combination of both								cucumber		Enriched flour	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Roll	Bread	Roll	Bread	Bun	French Bread	pasta	
EVENING SNACK (2 groups) F											
Milk or	1/2 cup	1/2 cup	1 cup	Milk	Milk		Milk	Milk			
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup			grape juice				Apple Juice	
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Graham Crackers	Cinnamon Toast	Crackers	Graham Crackers	Cookie /Oatmeal	Toast	Toast	
Meat or Alternate	1/2 oz	1/2 oz	1 oz						Cheese		
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CYCLE MENU NUMBER		MENU 1			7-1	7-2	7-3	7-4	7-5	7-6	7-7
BREAKFAST (3 groups) A		Age 1-2	Age 3-5	Age 6-12							
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice / fruit / vegetable	1/4 cup	1/2 cup	1/2 cup	Cantaloupe	Banana	Strawberries	Apple Juice	Banana	Grape Juice	Apple Sauce	
Bread / Alternate	1/2 slice	1 slice	1 slice	Toast	Kix Cereal	Scones				Tortilla w/	
Cereal	1/4 cup	1/3 cup	3/4 cup				Oatmeal	Raisin Bran	Cream of Wheat	Cheese	
AM SNACK (2 groups) B											
Milk or	1/2 cup	1/2 cup	1 cup		Milk				Milk		
Juice or Fruit /vegetable	1/2 cup	1/2 cup	3/4 cup	Peaches	Fruit Cocktail	banana w/pudding		Apple Juice		Apple Juice	
Bread or Alternate	1/2 slice	1/2 slice	1 slice			Vanilla Wafers	Wheat Thins		Cinnamon Toast		
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Yogurt			Cottage Cheese	Deviled Eggs		Cheese sticks	
LUNCH (5 groups) C											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat / poultry / fish / cheese	1 oz	1 1/2 oz	2 oz	Ham	Pigs-N-Blanket	Tuna Casserole	Grilled Cheese	Bologna &	Spaghetti &	Homemade Burrito	
eggs or	1	1	1	Cheese Cubes	hot dog	tuna w/ cheese	Cheese	cheese	ground beef	Pinto beans	
peanut butter or	2 T	3 T	4 T					sandwich		cheese	
dried beans & peas	1/4 cup	3/8 cup	1/2 cup								
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Apple Slices	Orange Slices	Apple Slices	Pears	melon	Corn	Apple sauce	
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Cucumber slices	Carrot Sticks	peas	Celery sticks	lettuce &	tomato sauce	Carrots w/ dip	
combination of both						Enriched flour		tomato		Enriched flour	
Bread or alternate	1/2 slice	1/2 slice	1 slice	Wheat Thins	Crescent Rolls	Noodles	Bread	Bread	Noodles	Tortilla	
PM SNACK (2 groups) D											
Milk or	1/2 cup	1/2 cup	1 cup			Milk		Milk		Milk	
juice or fruit / vegetable	1/2 cup	1/2 cup	3/4 cup		Apple Slices		Enriched flour		Banana		
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Soft pretzel	Granola Bar	Pumpkin Bread	Tortilla	choc chip cookie			
Meat or Alternate	1/2 oz	1/2 oz	1 oz	cheese			Cheese		Yogurt	Corn Dog	
DINNER (5 groups) E											
Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat /poultry /fish /cheese	1 oz	1 1/2 oz	2 oz	Tacos	Teriyaki	Swedish	Homemade	Tator Tot	Pork Chops	Loaded Baked	
or egg	1	1	1	ground beef	Chicken	Meatballs	Pizza	Casserole		Potato	
peanut butter or	2 T	3 T	4 T	cheese		ground beef	cheese	hamburger,		cheese, cubed	
dried beans & peas	1/4 cup	3/8 cup	1/2 cup	pinto beans			ham	cheese		ham	
Fruit (2 or more) or	1/4 cup	1/2 cup	3/4 cup	Lettuce &	Fruit salad	Pineapple	Apple Slices	Corn	Baked potato	Broccoli	
vegetables (2 or more) or	1/4 cup	1/2 cup	3/4 cup	tomato	Broccoli,	Green Salad	Tomato Sauce	Tator tot potatoes	Green Beans	Baked Potato	
combination of both				Enriched flour	Carrots						
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Taco Shells	Rice	Noodles	Crust	Roll	Roll	Bread	
EVENING SNACK (2 groups) F											
Milk or	1/2 cup	1/2 cup	1 cup	Milk		Milk			Milk		
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Sliced peaches			Grapes	Orange Juice		Apple sauce	
Bread or Alternate	1/2 slice	1/2 slice	1 slice		crackers	Graham cracker		Wheat Thins	Blueberry muffin	Graham Crackers	
Meat or Alternate	1/2 oz	1/2 oz	1 oz		string cheese		yogurt				
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