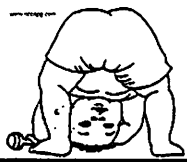


Orem Child Care Nutrition Program Menus

BREAKFAST (3 Groups)	Age 1-2	Age 3-5	Age 6-12	1-1	1-2	1-3	1-4	1-5	1-6	1-7
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana	Hash Browns	Blueberries	Apples	Oranges	Strawberries	Peaches
Cereal and/or bread equivalent OR	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	*Cereal		WG Pancakes		WG Toast		Oatmeal
Meat and/ or Meat Alternate	1/2 oz	1/2 oz	1 oz		Scrambled Eggs		**Yogurt		Eggs	
Meat and/or Meat Alternates No more than 3 times per week in place of the Grain Equivalent										
AM SNACK (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup				Milk		Milk	Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup		Carrots	Grapes		Berries		
Bread, Cereal, or Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice	WG Crackers		pretzels			Banana Bread	WG Toast
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheese Cubes	Cottage Cheese		WG Croissant	Yogurt		
LUNCH (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomatoes	Corn on the cob	Cucumber	Green Beans	zucchini	Carrots	Oven Fries
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Apples	Cloe Slaw	Carrot Sticks	Peas	Peaches	Celery	Tomato
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Ground Beef	Grilled Chicken	Ham + Cheese	Ground Beef	Cheese	Tuna & Cheese	Hamburger
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	Taco Shells	WG Biscuit	WG Bread	Spaghetti	WG Tortilla	WG Bread	WG Bun
PM Snack (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk					Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup	Apples		Strawberries			Celery	Peaches
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice		WG Bagel		WG Breadstick	WG Pita		
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Peanut Butter		Yogurt	String Cheese	Hummus	Cottage Cheese	
Dinner (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Salad	Potatoes	Tomatoes	Carrots	Potatoes	Celery	Broccoli
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Corn	Peas	Pineapple	Brussel Sprouts	Apples	Carrots	Cauliflower
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Chicken	Meatloaf	Chicken	Pork Chops	Ham	Beans & Beef	Ground Beef
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	Rice	WG Roll	Rice	WG Roll	WG Roll	Corn Bread	Lasagna
Evening Snack (2 groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup	Milk				Milk	Milk	
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup		Bananas	Orange	Watermelon	Apples		Berries
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz		Peanut Butter		String Cheese			Yogurt
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice	WG Bread		WG Crackers			English Muffin	

WG: Whole Grain: A Whole Grain or whole grain rich item must be served once per day.
Water must be available to children at all times

* Cereal: Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
 **Yogurt: Yogurt must contain no more than 23 grams of sugar per 6 oz.



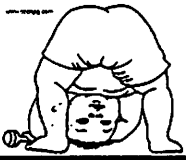
Orem Child Care Nutrition Program Menus

BREAKFAST (3 Groups)	Age 1-2	Age 3-5	Age 6-12	2-1	2-2	2-3	2-4	2-5	2-6	2-7
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Apricots	Fruit Salad	Pears	Cantaloupe	Pineapple	Mixed Berries	Peaches
Cereal and/or bread equivalent OR	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	WG Bagel		WG Muffin			WG Waffles	English muffin
Meat and/ or Meat Alternate	1/2 oz	1/2 oz	1 oz		Sausage Links		Eggs	Ham		
<i>Meat and/or Meat Alternates No more than 3 times per week in place of the Grain Equivalent.</i>										
AM SNACK (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk			Milk		Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup			Apples		Peaches	Cherries	Banana
Bread, Cereal, or Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice	WG Bread	WG Roll		WG Tortilla		WG Crackers	
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	String Cheese		Peanut Butter	Cheese			
LUNCH (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Asparagus	Green Beans	Olives	Avocado	Peas	Spinach	Peas
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Apples	Orange	pineapple	Tomato	Carrots	Grapes	Potatoes
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Cheese	Cheese	Ham + Cheese	Beans & Cheese	Turkey	Beef	Chicken
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	Macaroni	WG Bread	Pizza Crust	WG Tortilla	WG Bread	WG Noodles	WG Roll
PM Snack (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk			Milk		
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple		Banana	Guacamole	Plums	Apples	Raspberries
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice		Biscuits	WG Muffin				WG Toast
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Ham Cubs			WG Chips		Hard Boiled Egg	
Dinner (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Sweet Potato	Carrots	Broccoli	Salad	Cauliflower	Broccoli
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Broccoli	Corn	Fruit Salad	Carrots	Potatoes	Corn	Banana
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Roast Beef	Turkey	Beef Stew	Teriyaki Chicken	Pot Roast	Fish	Beef
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	WG Roll	WG Roll	WG Roll	Rice	WG Roll	WG Roll	Rice
Evening Snack (2 groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup			Milk			Milk	Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup	Strawberries	Oranges	Carrots	Celery	Broccoli		
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Yogurt			Peanut Butter	Cheese		Cheese Cubes
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice		Wheat Thins				Roll	

WG: Whole Grain: A Whole Grain or whole grain rich item must be served once per day.
Water must be available to children at all times

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****Yogurt:** Yogurt must contain no more than 23 grams of sugar per 6 oz.



Orem Child Care Nutrition Program Menus

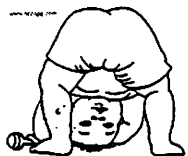
BREAKFAST (3 Groups)	Age 1-2	Age 3-5	Age 6-12	3-1	3-2	3-3	3-4	3-5	3-6	3-7
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Bananas	Plums	Apples	avocados	Orange Slices	Papaya	Blueberries
Cereal and/or bread equivalent OR	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	WG Pancakes		WG Bread	WG Bread	*Cereal		Oatmeal
Meat and/ or Meat Alternate	1/2 oz	1/2 oz	1 oz		Eggs	Cheese			Ham	
Meat and/or Meat Alternates No more than 3 times per week in place of the Grain Equivalent.										
AM SNACK (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk			Milk		
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup			Grapes			Banana	Pineapple
Bread, Cereal, or Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice	Animal Crackers	WG Muffin		WG Bagel	Graham Crackers	WG Bread-Toast	
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	**Yogurt		Cheese Cubes	Peanut Butter			Ham
LUNCH (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Peas	Tomatoes	Corn	Celery	Green Beans	Carrots
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Orange	Apples	Sweet Peppers	Carrots	Carrots	Corn	Apple Sauce
Meat and/or Meat Alternate	1 oz	1 1/2 oz	2 oz	Beef Strips	Tuna & Cheese	Ground Beef-Chili	Chicken	Chicken	Turkey	Ham & Cheese
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	Rice	WG Bread	Cornbread	Mashed Potatoes	WG Roll	Rice	WG Bread
PM Snack (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup	Milk	Milk			Milk		
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup	apricots	Mandarin Oranges		Peaches		Broccoli	
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice			Crackers		WG Bread		WG Tortilla
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz			Tuna	Cottage Cheese		Cheese	Cheese
Dinner (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Pickles	Peas	Potatoes	Tomato Sauce	Peppers	Baked Potato	Broccoli
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Oranges	Pears	Carrots	Grapes	Applesauce	Corn	Banana
Meat and/or Meat Alternate	1 oz	1 1/2 oz	2 oz	Ground Beef	Pork Roast	Fish	Meatballs (CN)	Chicken	Beef & Cheese	Chicken Alfredo
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup -1/2 slice	3/4 cup - 1 slice	WG Buns	Rice	WG Roll	WG Noodles	WG Tortilla	WG Roll	Rice
Evening Snack (2 groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup			Milk	Milk		Milk	Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup		Bananas	Apricots	Apples	Berries		
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheese			Peanut Butter	Yogurt		
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup -1/2 slice	1 cup - 1 slice	WG Bread	Animal Crackers				Cornbread	WG Muffin

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Orem Child Care Nutrition Program Menus

BREAKFAST (3 Groups)	Age 1-2	Age 3-5	Age 6-12	4-1	4-2	4-3	4-4	4-5	4-6	4-7
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Strawberries	Sweet Pepper	Fruit Plate	Tomatoes	Pineapple	Bananas	Applesauce
Cereal and/or bread equivalent OR	1/4 cup- 1/2slice	1/3 cup-1/2 slice	3/4 cup- 1 slice			Cereal*	WG Bagel		WG Waffles	English muffin
Meat and/ or Meat Alternate	1/2 oz	1/2 oz	1 oz	Yogurt**	eggs			Sausage		
Meat and/or Meat Alternates No more than 3 times per week in place of the Grain Equivalent.										
AM SNACK (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk			Milk		Milk
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup			Apples	Berries	Grapes	Bananas	Blueberries
Bread, Cereal, or Grain Equivalent	1/2 cup- 1/2slice	1/2 cup-1/2 slice	1 cup - 1 slice	English Muffin	ZucchiniBread		Graham Crackers		Crackers	
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Egg		String Cheese				
LUNCH (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Veggies	Green Beans	Cucumbers	Broccoli	Cauliflower	Celery	Asparagus
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Tangerines	Carrots	Bananas	Potato Wedges	Broccoli	Carrots	Tomato Sauce
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Fish Stick (CN)	Stew Meat	Chicken Nuggets (CN)	Beans & Cheese	Roast Beef	Chicken Breast	Ham & Cheese
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup-1/2 slice	3/4 cup - 1 slice	WG Roll	WG Noodles	WG Bread	Rice	WG Roll	Pie Crust	WG English Muffin
PM Snack (2 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup		Milk			Milk		
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup	Pineapple		Banana	Guacamole	Plums	Apples	Raspberries
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup-1/2 slice	1 cup - 1 slice		Biscuits	WG Muffin				WG Toast
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Ham Cubs			WG Chips		Hard Boiled Egg	
Dinner (5 Groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	3/4 cup	1cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Sweet Potato	Collard Green	Celery	Peas	Corn	Green Salad
Fruit or Vegetable	1/8 cup	1/4 cup	1/4 cup	Broccoli	Strawberries	Peaches	Carrots	Cranberry	Tomatoes	Banana
Meat and/or Meat Alternate	1 oz	1 ½ oz	2 oz	Chicken	Tuna	Beef	Chicken Soup	Turkey	Beef	Pork
Bread/Grain Equivalent	1/4 cup- 1/2slice	1/3 cup-1/2 slice	3/4 cup - 1 slice	WG Roll	WG Noodles	Rice	WG Bread	WG Roll	WG Tortilla	Rice
Evening Snack (2 groups)										
Milk (1 yr- Whole, 2-12 yrs 1% or skim)	1/2 cup	1/2 cup	1 cup	Milk		Milk	Milk			
Fruit and/or Vegetable	1/2 cup	1/2 cup	3/4 cup		Carrots	Apples				Watermelon
Meat and/or Meat Alternate	1/2 oz	1/2 oz	1 oz	Peanut Butter	Cottage Cheese			Cheese	Egg	Cheese Cubes
Bread/Grain Equivalent	1/2 cup- 1/2slice	1/2 cup-1/2 slice	1 cup - 1 slice	Graham crackers			*Cereal	Crackers	Roll	

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