

302.764.6170

Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday*	Wednesday*	Thursday*	Friday*
Breakfast								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c cooked	1 slice, ¾ c. dry, or ½ c cooked	Pancakes	Kix	Steak and Eggs	Cheerios	French Toast Sticks
Fruit/Vegetable	¼ c.	½ c.	½ c.	Strawberries	Tropical Fruit	Apple Sauce	Bananas	Mixed Fruit
Other (optional)								
Lunch/Supper								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Milk	Milk	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c cooked	1 slice, ¾ c. dry, or ½ c cooked	VW Bread	VW Bread	VW Bread	VW Roll	VW Bread
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **	Goulash	Turkey & Cheese	Oven Fried Chicken	Meatball & Gravy	Fish Sticks
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total	Corn on Cob	Chicken Noodle Soup	Broccoli	Spinach	Salad
Fruit/Vegetable				Apple Sauce	Pineapple	Mixed Fruit	Fruit cup	Peaches
Other (optional)						Mac and Cheese	Rice	
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)	Milk	100 % Apple Juice	Milk	Milk	Milk
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c cooked	1 slice, ¾ c. dry, or ½ c cooked			Crackers		
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **				Cheese sticks	
Fruit/Vegetable	½ c.	½ c.	¾ c.	Jell-o Cups	Pretzels		Yogurt	Orange Slices
Other (optional)						Peanut Butter		

* Specify the type(s) of milk served. Serve only whole milk to children between the ages of 1 and 2. Serve only low-fat or fat-free milk to children ages 2 and older.

** Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz (except for snack, when all ages should get ½ egg); cooked beans/peas, ¼ cup = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 cup) = 1 oz