

*Ages 12-23 months get whole milk and ages 2 and older receive skim or 1% milk

Date Served	Meal	Food Item	1-2 yr	3-5 yr	6-12 yr
11/06/2023	Breakfast	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Pineapple, canned or fresh (in cups)	1/4 Cup	1/2 Cup	1/2 Cup
		Cereal, Corn Flakes (in cups)	1/2 Cup	1/2 Cup	1 Cup
	AM Snack	Apple Juice, 100% (in cups)	1/2 Cup	1/2 Cup	3/4 Cup
		Pretzels, Hard, Mini Twist, about 1 1/4" by 1 1/2", Enriched (each)	7 Each	7 Each	14 Each
	Lunch	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Cheese, American, cheddar, mozzarella, or Swiss (in oz)	1 oz	1 1/2 oz	2 oz
		Veggie Burger, Gardenburger Classic Hamburger Style Classic CN 098267 (2.5 oz each)	1/2 Each	1 Each	1 Each
		Beans, green, fresh, frozen or canned (in cups)	1/8 Cup	1/4 Cup	1/2 Cup
		Raspberries, fresh or frozen (in cups)	1/8 Cup	1/4 Cup	1/4 Cup
		Bread at least 28 grams per slice WGR (each)	1/2 slice	1/2 slice	1 slice
		PM Snack	Cheese, American, cheddar, mozzarella, or Swiss (in oz)	1/2 oz	1/2 oz
Croissant, at least 34 grams, Enriched (each)	1/2 Each		1/2 Each	1 Each	
11/07/2023	Breakfast	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Cheese, American, cheddar, mozzarella, or Swiss (in oz)	1/2 oz	1/2 oz	1 oz
		Applesauce (in cups)	1/4 Cup	1/2 Cup	1/2 Cup
		Bread at least 28 grams per slice WGR (each)	1/2 slice	1/2 slice	1 slice
	AM Snack	Cheese, American, cheddar, mozzarella, or Swiss (in oz)	1/2 oz	1/2 oz	1 oz
		Tortillas, Soft, Flour, about 6", Enriched (each)	1/2 Each	1/2 Each	1 Each
	Lunch	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Cheese, American, cheddar, mozzarella, or Swiss (in oz)	1 oz	1 1/2 oz	2 oz
		Carrots, fresh, frozen or canned (in cups)	1/8 Cup	1/4 Cup	1/2 Cup

Date Served	Meal	Food Item	1-2 yr	3-5 yr	6-12 yr	
11/07/2023	Lunch	Peaches, canned, fresh or frozen (in cups)	1/8 Cup	1/4 Cup	1/4 Cup	
		Bagel (entire bagel) at least 56 grams WGR (each)	1/4 Each	1/4 Each	1/2 Each	
	PM Snack	Turkey Ham, fully cooked, chilled or frozen (in oz)	0.7 oz	0.7 oz	1.4 oz	
		Crackers, Saltine, about 2" by 2", Enriched (each)	4 Each	4 Each	8 Each	
11/08/2023	Breakfast	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup	
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup	
		Peaches, canned, fresh or frozen (in cups)	1/4 Cup	1/2 Cup	1/2 Cup	
		Waffles, at last 34 grams, WGR (each)	1/2 Each	1/2 Each	1 Each	
	AM Snack	Apple Juice, 100% (in cups)	1/2 Cup	1/2 Cup	3/4 Cup	
		Graham Crackers, WGR (in grams)	14 grams	14 grams	28 grams	
	Lunch	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup	
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup	
		Meatballs, AdvancePierre, PC 22625-330 CN 077786 (0.50 oz each)	3 Each	4 Each	5 Each	
		Potatoes, baked (in cups)	1/8 Cup	1/4 Cup	1/2 Cup	
	PM Snack	Pineapple, canned or fresh (in cups)	1/8 Cup	1/4 Cup	1/4 Cup	
		Pasta, Enriched, cooked (in cups)	1/4 Cup	1/4 Cup	1/2 Cup	
		Raisins (in cups)	1/4 Cup	1/4 Cup	3/8 Cup	
		Crackers, Goldfish (0.75 oz pkg)	1 Each	1 Each	2 Each	
11/09/2023		Breakfast	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
			Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
	Fruit Cocktail/Mixed Fruit, canned (in cups)		1/4 Cup	1/2 Cup	1/2 Cup	
	Bread at least 28 grams per slice WGR (each)		1/2 slice	1/2 slice	1 slice	
AM Snack	Baked Beans, canned (in cups)	1/8 Cup	1/8 Cup	1/4 Cup		
	Cornbread, Enriched, at least 34 grams (each)	1/2 Each	1/2 Each	1 Each		
Lunch	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup		
	Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup		
	Chicken Nuggets, AdvancePierre PC 68025-19248 CN 099305 (0.64 oz each)	3 Each	4 Each	5 Each		
	Carrots, fresh, frozen or canned (in cups)	1/8 Cup	1/4 Cup	1/2 Cup		
PM Snack	Applesauce (in cups)	1/8 Cup	1/4 Cup	1/4 Cup		
	Roll (entire roll) at least 28 grams (each)	1/2 Each	1/2 Each	1 Each		
	1% Milk for 2 yrs+ (in cups)	1/2 Cup	1/2 Cup	1 Cup		
	Whole Milk for 1 yr olds (in cups)	1/2 Cup	1/2 Cup	1 Cup		

Date Served	Meal	Food Item	1-2 yr	3-5 yr	6-12 yr
11/09/2023	PM Snack	Animal Crackers 1 1/2" by 1" Enriched (each)	8 Each	8 Each	15 Each
11/10/2023	Breakfast	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Tropical Fruit, canned (in cups)	1/4 Cup	1/2 Cup	1/2 Cup
		Cereal, Cheerios, plain WGR (in cups)	1/2 Cup	1/2 Cup	1 Cup
	AM Snack	Strawberries, fresh or frozen (in cups)	1/2 Cup	1/2 Cup	3/4 Cup
		Crackers, Thin Wheat, Square, Savory, about 1 1/4" by 1 1/4" WGR (each)	6 Each	6 Each	12 Each
	Lunch	1% Milk for 2 yrs+ (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	3/4 Cup	1 Cup
		Chicken, fresh (in oz)	1 oz	1 1/2 oz	2 oz
		Cucumbers, fresh (in cups)	1/8 Cup	1/4 Cup	1/2 Cup
		Fruit Cocktail/Mixed Fruit, canned (in cups)	1/8 Cup	1/4 Cup	1/4 Cup
		Rice, brown, WGR (in cups)	1/4 Cup	1/4 Cup	1/2 Cup
	PM Snack	1% Milk for 2 yrs+ (in cups)	1/2 Cup	1/2 Cup	1 Cup
		Whole Milk for 1 yr olds (in cups)	1/2 Cup	1/2 Cup	1 Cup
		Muffins, Blueberry, WGR, at least 55 grams (each)	1/2 Each	1/2 Each	1 Each