

Cycle 1	Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Breakfast</b>	Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		
Component	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5
Grain/Bread	<b>Whole Grain Heritage O</b>	1/2 oz eq	1/2 oz eq	<b>Whole Wheat Bagel w/Cream Cheese</b>	1/2 oz eq	1/2 oz eq	<b>Oatmeal with Apple Sauce on side</b>	1/2 oz eq	1/2 oz eq	<b>Corn Flakes</b>	1/2 oz eq	1/2 oz eq	<b>English Muffin w/Butter</b>	1/2 oz eq	1/2 oz eq
Fruit	Organic seasonal fruit	1/4 cup	1/2 cup	Organic seasonal fruit	1/4 cup	1/2 cup	Organic seasonal fruit	1/4 cup	1/2 cup	Organic seasonal fruit	1/4 cup	1/2 cup	Organic seasonal fruit	1/4 cup	1/2 cup
Milk FL	1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz	
Milk FL	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz
<b>Lunch</b>	Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		
Component	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5
Meat	Bean & Cheese Burrito	1 oz	1.5 oz	Breaded Catfish	1 oz	1.5 oz	Turkey Meatloaf	1 oz	1.5 oz	Spaghetti w/Turkey Meat Sauce	1 oz	1.5 oz	Soft Bean Taco	1/4 cup	3/8 cup
Meat Alternative	Bean Burrito	1/4 cup	3/8 cup	<b>Black Bean Quinoa Cake</b>	1/4 cup	3/8 cup	Lentil Loaf	1/4 cup	3/8 cup	Gluten Free Penne w/Marinara Sauce and Shredded Mozzarella Cheese	1 oz	1.5 oz	Soft Bean Taco	1/4 cup	3/8 cup
Vegetable	Steamed cauliflower	1/8 cup	1/4 cup	Steamed Broccoli	1/8 cup	1/4 cup	Steamed Carrots	1/8 cup	1/4 cup	Caesar Salad	1/4 cup	1/2 cup	Steamed Peas	1/8 cup	1/4 cup
Fruit	Organic seasonal fruit	1/8 cup	1/4 cup	Organic seasonal fruit	1/8 cup	1/4 cup	Organic seasonal fruit	1/8 cup	1/4 cup	Organic seasonal fruit	1/8 cup	1/4 cup	Organic seasonal fruit	1/8 cup	1/4 cup
Grain/Bread	<b>Whole Wheat Tortillas</b>	1/2 oz eq	1/2 oz eq	<b>Quinoa Medley</b>	1/2 oz eq	1/2 oz eq	<b>Multipgrain Rolls</b>	1/2 oz eq	1/2 oz eq	<b>Whole Wheat Roll</b>	1/2 oz eq	1/2 oz eq	<b>Whole Wheat Tortillas</b>	1/2 oz eq	1/2 oz eq
Milk FL	1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz		1-2 years unflavored whole milk	4 fl oz	
Milk FL	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz	3-5 years unflavored 1% milk		6 fl oz
<b>Snack</b>	Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		Serving Size		
Component	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5	Menu Item	Age 1-2	Age 3-5
Meat/Alternative	Plain Organic Yogurt	1/4 cup	1/4 cup	Mozzarella Cheese Sticks	1/2 oz	1/2 oz	Hard Boiled Eggs	1/2 pc	1/2 pc	Hummus	1/8 cup	1/8 cup	Cheddar Cheese Cubes Apple Slices	1/2 oz	1/2 oz
Fruit/Veggie/Grain	Frozen Blueberries	1/2 cup	1/2 cup	<b>Brown rice cracker</b>	1/2 oz eq	1/2 oz eq	Gluten free pretzel	1/2 oz eq	1/2 oz eq	<b>Multigrain Pita Chip</b>	1/2 oz eq	1/2 oz eq	Banana	1/2 cup	1/2 cup

Note: bolded items are whole grain-rich (WGR)