

Cycle 2	Monday			Tuesday			Wednesday			Thursday			Friday		
Breakfast	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	Whole Grain Millet Rice Flakes	1/2 oz eq	1/2 oz eq	Wheat Bagel w/Cream Cheese	1/2 oz eq	1/2 oz eq	Oatmeal with Apple Sauce on side	1/2 oz eq	1/2 oz eq	Whole Wheat English Muffin w/Butter	1/2 oz eq	1/2 oz eq	Whole Grain Rich Heritage O	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
Lunch	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	Macaroni & Cheese	1 oz	1.5 oz	Chuck's Cheesy Fish	1 oz	1.5 oz	Chicken Rice Noodle	1 oz	1.5 oz	Cheese Ravioli w/ meat sauce	1 oz	1.5 oz	Brown Chicken Fried Rice w/Egg	1 oz	1.5 oz
Meat Alternative	Organic split pea soup	1/2 cup	3/4 cup	Organic Tofu Scramble	1 oz	1.5 oz	Tofu Rice Noodle	1 oz	1.5 oz	Cheese Ravioli	1 oz	1.5 oz	Brown Tofu Fried Rice	1 oz	1.5 oz
Vegetable	Green Salad	1/4 cup	1/2 cup	Zucchini	1/8 cup	1/4 cup	Steamed Org Carrots	1/8 cup	1/4 cup	Corn	1/8 cup	1/4 cup	Steamed Broccoli	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	Multipgrain Rolls	1/2 oz eq	1/2 oz eq	Brown Rice	1/2 oz eq	1/2 oz eq	Rice Noodle	1/2 oz eq	1/2 oz eq	Whole Wheat Roll	1/2 oz eq	1/2 oz eq	Brown Rice	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
Snack	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	1/2 Cheese Sandwich	1/2 oz	1/2 oz	Mozzarella Cheese Sticks	1/2 oz	1/2 oz	Plain Organic Yogurt	1/4 cup	1/4 cup	Hummus	1/8 cup	1/8 cup	Berry Banana Split - Plain Yogurt	1/4 cup	1/4 cup
Fruit/Veggie/Grain	Org Oranges	1/2 cup	1/2 cup	Org Sliced Apples	1/2 cup	1/2 cup	Fruit Melon Salad	1/2 cup	1/2 cup	Multigrain Pita Chip	1/2 oz eq	1/2 oz eq	Berry Banana Split - Berry, banana	1/2 cup	1/2 cup

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