

Cycle 3		Monday		Tuesday		Wednesday		Thursday		Friday					
Breakfast		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 Millet Rice Flakes</b>	1/2 oz eq	1/2 oz eq	<b>Whole Wheat Toast with Butter</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>Wheat Bagel w/Cream Cheese</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
Lunch		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	Cheese Ravioli w/ meat sauce	1 oz	1.5 oz	Turkey Pizza Burger	1 oz	1.5 oz	Stir Fry Chicken	1 oz	1.5 oz	Fish Tacos	1 oz	1.5 oz
Meat Alternative	Organic split pea soup	1/2 cup	3/4 cup	Cheese Ravioli	1 oz	1.5 oz	Tortellini w/Marinara Sauce	1/4 cup	3/8 cup	White Beans	1/4 cup	3/8 cup	Black Bean Taco	1/4 cup	3/8 cup
Vegetable	Steamed Org Carrots	1/8 cup	1/4 cup	Roasted Zucchini Blend	1/8 cup	1/4 cup	Steamed broccoli	1/4 cup	1/2 cup	Steamed cauliflower	1/8 cup	1/4 cup	Creamy coleslaw	1/4 cup	1/2 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	Corn Bread	1/2 oz eq	1/2 oz eq	<b>Multigrain Rolls</b>	1/2 oz eq	1/2 oz eq	<b>Whole Wheat Roll</b>	1/2 oz eq	1/2 oz eq	<b>Brown Rice</b>	1/2 oz eq	1/2 oz eq	<b>Corn 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
Snack		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	Egg Salad	1/4 cup	1/4 cup	Hummus	1/8 cup	1/8 cup	Hard Boiled Eggs	1/2 pc	1/2 pc	Cheddar cheese cubes	1/2 oz	1/2 oz
Fruit/Veggie/Grain	Banana	1/2 cup	1/2 cup	<b>Brown rice cracker</b>	1/2 oz eq	1/2 oz eq	<b>Multigrain Pita Chip</b>	1/2 oz eq	1/2 oz eq	Gluten free pretzel	1/2 oz eq	1/2 oz eq	Apple slices	1/2 cup	1/2 cup

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