

Cycle 4		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			
Grain/Bread	Corn Flakes	1/2 oz eq	1/2 oz eq	English Muffin w/Butter	1/2 oz eq	1/2 oz eq	Whole Wheat Bagel w/Cream Cheese	1/2 oz eq	1/2 oz eq	Whole Grain Rich Heritage O	1/2 oz eq	1/2 oz eq	Whole Wheat Toast with Butter	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					
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 and Cheese Burrito	1 oz	1.5 oz	Spaghetti w/Turkey Meat Sauce	1 oz	1.5 oz	Cheese Tortellini with Marinara Sauce	1 oz	1.5 oz	Chuck's Cheesy Fish	1 oz	1.5 oz	Turkey Pizza Burger	1 oz	1.5 oz
Meat Alternative	Bean Burrito	1/4 cup	3/8 cup	Gluten Free Penne w/Marinara Sauce and Shredded Mozzarella Cheese	1 oz	1.5 oz	Organic Tofu Scramble	1 oz	1.5 oz	Organic split pea soup	1/2 cup	3/4 cup	Tortellini w/Marinara Sauce	1 oz	1.5 oz
Vegetable	Roasted Corn	1/8 cup	1/4 cup	Steamed Broccoli	1/8 cup	1/4 cup	Green Beans	1/8 cup	1/4 cup	Roasted Butternut Squash	1/8 cup	1/4 cup	Caesar Salad	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	Whole Wheat Tortillas	1/2 oz eq	1/2 oz eq	Whole Wheat Roll	1/2 oz eq	1/2 oz eq	Multipgrain Rolls	1/2 oz eq	1/2 oz eq	Brown Rice	1/2 oz eq	1/2 oz eq	Whole Wheat Roll	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					
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	Mozzarella Cheese sticks	1/2 oz	1/2 oz	Hummus	1/8 cup	1/8 cup	Plain Organic Yogurt	1/4 cup	1/4 cup	Hard Boiled Eggs	1/2 pc	1/2 pc	Berry Banana Split - Plain Yogurt	1/4 cup	1/4 cup
Fruit/Veggie/Grain	Apple Sauce	1/2 cup	1/2 cup	Brown rice cracker	1/2 oz eq	1/2 oz eq	Frozen Blueberries	1/2 cup	1/2 cup	Gluten free pretzel	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)