

Center: _____

Week-Month-Year: _____

Summer Menu 1 - Meal Pattern Requirements - Ages 2 thru 12

Food Components	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
	2 years	3 - 5 years	6 - 12 years					
BREAKFAST								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup or 1/3oz	1/2 slice 1/3 cup or 1/2oz	1 slice 3/4 cup or 1oz	Rice Krispies	Blueberry Bagels	Oven Baked Pancakes (homemade)	Wheat Toast	Baked English Muffins topped with tomato and provolone cheese
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana Slices	Diced Honeydew	Applesauce	Diced Pears	Diced Cantaloupe
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1oz	1 1/2oz	2oz	Deviled Ham	Baked Cheese Ravioli with Meat Sauce	Turkey, American Cheese and Tomato Sandwiches	Oven Baked Chicken	Hamburgers
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Flatbread Wedges		Wheat Bread	Steamed White Rice	Slammer Rolls
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans	Peas and Carrots	Tator Tots	Steamed Broccoli	Capri Vegetables (carrots, green beans, squash, zucchini)
				Cranberry Sauce	Golden Delicious Apple Slices (fresh)	Watermelon Cubes	Orange Slices	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Water	Milk	Water	Water	Blended Cranberry Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup		Pineapple Upside Down Cake (homemade)	Fresh Sliced Strawberries	Diced Peaches	
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Wheat Crackers				Applesauce Hermits
Meat or Meat Alternate	1/2oz	1/2oz	1oz	Cheddar Cheese Slices		Vanilla Yogurt	Cottage Cheese	

Center: _____

Week-Month-Year: _____

Summer Menu 2 - Meal Pattern Requirements - Ages 2 thru 12

Food Components	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
	2 years	3 - 5 years	6 - 12 years					
BREAKFAST								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup or 1/3oz	1/2 slice 1/3 cup or 1/2oz	1 slice 3/4 cup or 1oz	Corn Flakes	Cream of Wheat	Belgian Waffles	Apple Muffin Squares (homemade)	Toasted English Muffins
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana Slices	Diced Peaches	Fresh Sliced Strawberries	Pineapple Tidbits	Diced Honeydew
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1oz	1 1/2oz	2oz	Meatballs in Brown Gravy	Toasted Cheddar Cheese Sandwiches	Chicken Empanadas (puff pastry shell)	Turkey Pinwheels	Italian Bake (ground beef, macaroni noodles, tomatoes)
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	*** Egg Noodles	Wheat Bread		Spinach Tortilla Shell	
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Mixed Vegetables	Stewed Tomatoes	Steamed Broccoli	Baked Beans	Green Beans
				Red Delicious Apple Slices (fresh)	Diced Pears	Diced Cantaloupe	Watermelon Cubes	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Water	Milk	Water	Milk	Water
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Watermelon Cubes	Carrot Bread (homemade)	Grape Shapeups 100% juice bar	Orange Slices	Fruit Yogurt Smoothie (strawberry, blueberry, banana)
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Cinnamon Wheat Toast		Townhouse Crackers		Graham Crackers
Meat or Meat Alternate	1/2oz	1/2oz	1oz					

Center: _____

Week-Month-Year: _____

Summer Menu 3 - Meal Pattern Requirements - Ages 2 thru 12

Food Components	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
	2 years	3 - 5 years	6 - 12 years					
BREAKFAST								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup or 1/3oz	1/2 slice 1/3 cup or 1/2oz	1 slice 3/4 cup or 1oz	Cheerios	Cinnamon Wheat Toast	Grits	Whole Wheat Tortilla and Egg Rollups	Whole Wheat Drop Biscuits (homemade)
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Banana Slices	Fruit Cocktail	Blueberries	Diced Honeydew	Diced Cantaloupe
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1oz	1 1/2oz	2oz	BBQ Roast Beef	Chicken Quesadillas	Cheese Pizza with ground beef topping (pizza crust dough)	Tuna and Rotini Noodles	Ham and Cheddar Cheese Sandwiches
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Slammer Rolls	Flour Tortilla Shell			Wheat Bread
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Mixed Vegetables	Pinto Beans	Cooked Carrots (diced)	Peas	Sweet Potato Fries
				Diced Peaches	Watermelon Cubes	Diced Pears	Orange Slices	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Water	Milk	Grape Juice 100%	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Cucumber and Cream Cheese Finger Sandwiches (flatbread)	Red Delicious Apple Slices (fresh)	Lemon Bars with graham cracker crust		Fig Newtons
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup					
Meat or Meat Alternate	1/2oz	1/2oz	1oz		Yogurt Dip		Turkey Sausage Cheese Balls	

Center: _____

Week-Month-Year: _____

Summer Menu 1 - Meal Pattern Requirements - Older Infants thru Age 2

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
BREAKFAST							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Grains, Breads, Dry Cereal	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/4 cup or 1/3oz	Infant Rice Cereal or Rice Krispies	Blueberry Bagels	Oven Baked Pancakes (homemade)	Wheat Toast	Baked English Muffins topped with tomato and provolone cheese
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Banana Slices	Diced Honeydew	Applesauce	Diced Pears	Diced Cantaloupe
LUNCH							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Meat or Meat Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2 - 2oz cheese, or 1-4oz cottage cheese, cheese food or cheese spread	1oz	Deviled Ham	Baked Cheese Ravioli with Meat Sauce	Turkey, American Cheese and Tomato Sandwiches	Oven Baked Chicken	Hamburgers
Grains, Breads, Pasta, Noodles		1/2 slice 1/4 cup	Flatbread Wedges		Wheat Bread	Steamed White Rice	Slammer Rolls
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Green Beans	Peas and Carrots	Tator Tots	Steamed Broccoli	Capri Vegetables (carrots, green beans, squash, zucchini)
			Cranberry Sauce	Diced Apples (can)	Watermelon Cubes	Mandarin Oranges	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Water	Formula / Milk	Formula / Water	Formula / Water	Blended Cranberry Juice 100%
Fruit or Vegetable		1/2 cup		Crushed Pineapples	Fresh Sliced Strawberries	Diced Peaches	
Grains, Breads, Dry Cereal	0-1/2 slice of bread or 0-2 crackers (only when infant is developmentally ready to accept it)	1/2 slice 1/4 cup	Wheat Crackers				Applesauce Hermits
Meat or Meat Alternate		1/2oz	Cheddar Cheese Slices		Vanilla Yogurt	Cottage Cheese	

Note 1: To prevent choking hazard, food items must be cut into pieces no larger than 1/4" squares for older infants and 1/2" squares for pretoddlers.

Note 2: Variation (**bolded items**): Food items more appropriate for older infants and pretoddlers.

Note 3: Consult with parents on when transitions from baby food to table food should begin.

Center: _____

Week-Month-Year: _____

Summer Menu 2 - Meal Pattern Requirements - Older Infants thru Age 2

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
BREAKFAST							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Grains, Breads, Dry Cereal	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/4 cup or 1/3oz	Infant Mixed Cereal or Corn Flakes	Cream of Wheat	Belgian Waffles	Apple Muffin Squares (homemade)	Toasted English Muffins
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Banana Slices	Diced Peaches	Fresh Sliced Strawberries	Crushed Pineapples	Diced Honeydew
LUNCH							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Meat or Meat Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, or cooked dry beans or peas, or	1oz	Meatballs in Brown Gravy	Toasted Cheddar Cheese Sandwiches	Chicken Empanadas (puff pastry shell)	Turkey Pinwheels	Italian Bake (ground beef, macaroni noodles, tomatoes)
Grains, Breads, Pasta, Noodles	1/2 - 2oz cheese, or 1-4oz cottage cheese, cheese food or cheese spread	1/2 slice 1/4 cup	*** Egg Noodles	Wheat Bread		Spinach Tortilla Shell	
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Mixed Vegetables	Stewed Tomatoes	Steamed Broccoli	Baked Beans	Green Beans
			Diced Apples (can)	Diced Pears	Diced Cantaloupe	Watermelon Cubes	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Water	Formula / Milk	Formula / Water	Formula / Milk	Formula / Water
Fruit or Vegetable		1/2 cup	Watermelon Cubes	Carrot Bread (homemade)	Grape Shapeups 100% juice bar	Mandarin Oranges	Fruit Yogurt Smoothie (strawberry, blueberry, banana)
Grains, Breads, Dry Cereal	0-1/2 slice of bread or 0-2 crackers (only when infant is developmentally ready to accept it)	1/2 slice 1/4 cup	Cinnamon Wheat Toast		Townhouse Crackers		
Meat or Meat Alternate		1/2oz					

Note 1: To prevent choking hazard, food items must be cut into pieces no larger than 1/4" squares for older infants and 1/2" squares for pretoddlers.

Note 2: Variation (**bolded items**): Food items more appropriate for older infants and pretoddlers.

Note 3: Consult with parents on when transitions from baby food to table food should begin.

Center: _____

Week-Month-Year: _____

Summer Menu 3 - Meal Pattern Requirements - Older Infants thru Age 2

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
BREAKFAST							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Grains, Breads, Dry Cereal	2-4 Tbsp iron-fortified infant cereal	1/2 slice 1/4 cup or 1/3oz	Infant Oatmeal Cereal or Cheerios	Cinnamon Wheat Toast	Grits	Baked Whole Wheat Tortilla wedges with parmesan cheese	Whole Wheat Drop Biscuits (homemade)
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Banana Slices	Fruit Cocktail	Blueberries	Diced Honeydew	Diced Cantaloupe
LUNCH							
Milk, Fluid	6-8oz breastmilk or iron-fortified infant formula	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Meat or Meat Alternate	2-4 Tbsp iron-fortified infant cereal and/or 1-4 Tbsp meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2 - 2oz cheese, or 1-4oz cottage cheese, cheese food or cheese spread	1oz	BBQ Roast Beef	Chicken Quesadillas	Cheese Pizza with ground beef topping (pizza crust dough)	Tuna and Rotini Noodles	Ham and Cheddar Cheese Sandwiches
Grains, Breads, Pasta, Noodles		1/2 slice 1/4 cup	Slammer Rolls	Flour Tortilla Shell			Wheat Bread
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Mixed Vegetables	Pinto Beans	Cooked Carrots (diced)	Peas	Sweet Potato Fries
			Diced Peaches	Watermelon Cubes	Diced Pears	Mandarin Oranges	Mixed Fruit Salad
2:15pm SNACK Select 2 of the 4 components for a reimburseable snack. Note: Fruit juices are a component of the fruit or vegetable category.							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Water	Formula / Milk	Grape Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup	Cucumber and Cream Cheese Finger Sandwiches (flatbread)	Diced Apples (can)	Lemon Bars with graham cracker crust		
Grains, Breads, Dry Cereal	0-1/2 slice of bread or 0-2 crackers (only when infant is developmentally ready to accept it)	1/2 slice 1/4 cup		Yogurt Dip			
Meat or Meat Alternate		1/2oz				Turkey Sausage Cheese Balls	

Note 1: To prevent choking hazard, food items must be cut into pieces no larger than 1/4" squares for older infants and 1/2" squares for pretoddlers.

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