

Center:

Week-Month-Year: \_\_\_\_\_

**Winter 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					
<b>BREAKFAST</b>								
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 1/3 oz	1/2 slice 1/3 cup or 1/2 oz	1 slice 3/4 cup or 1 oz	Cherrios	Cinnamon Raisin Bagels w/ Cream Cheese	Waffles	Blueberry Muffin Squares	Cinnamon Oatmeal
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	Pineapple Tidbits	Applesauce	Diced Pears	Apricots
<b>LUNCH</b>								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz	Sloppy Joes	Turkey Pot Pie	Filipino Pork Adobo	Saucy Chicken Rigatoni	Tuna Melt
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Slammer Rolls	Biscuits	Steamed Rice		English Muffins
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans	Peas & Carrots	Oriental Vegetables	Succotash (lima beans & corn)	Fresh Steamed Zucchini
				Sliced Bananas	Spiced Apple Rings	Orange Slices	Diced Peaches	Fruit Salad (bananas, oranges)
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Grape Juice 100%	Milk	Milk	Water	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Cheese Quesadillas	Vegetable Egg Rolls	Pizza Muffins	Black Bean Dip	Sweet Potato Fries
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup				Pita Bread Wedges	
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Blended Cranberry Juice 100%	Milk	Orange Juice 100%	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup					
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Animal Crackers		Oyster Crackers	Cheddar Rice Cakes	Fig Newtons
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz		Vanilla Yogurt			

Pamela J. Doherty, RD, LD 22 Jan 08  
HAWC Dietitian  
RD # 899072

Children 1 thru 2 years receive whole milk  
Children 2 years and older receive 2% milk

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**Winter 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					
<b>BREAKFAST</b>								
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 1/3 oz	1/2 slice 1/3 cup or 1/2 oz	1 slice 3/4 cup or 1 oz	Corn Flakes	Biscuits & Sausage Gravy	French Toast Sticks	Apple Muffin Squares	Baked Scrambled Eggs Wheat Toast
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Sliced Bananas	Apricots	Blueberries	Diced Peaches	Diced Pears
<b>LUNCH</b>								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz	Chicken Corn Chip Pie w/ Pinto Beans	Ham Slices	Beef Stroganoff	Turkey Hot Shot	Baked Cheese Ravioli w/ Meat Sauce
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Wheat Dinner Rolls	Corn Bread	Egg Noodles	Wheat Bread	
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans	Beets	Peas & Carrots	Mashed Potatoes	Steamed Broccoli
				Orange Slices	Diced Pears	Strawberries	Mandarin Oranges	Fruit Salad (apples, bananas)
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Milk	Milk	Grape Juice 100%	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup		Banana Pudding w/ Vanilla Wafers		Salsa	Corn on the Cob
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Basil & Havarti Cheese Pinwheels (flour tortilla shell)		Oatmeal Bake	Tortilla Chips	
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Blended Cranberry Juice 100%	Milk	Water	Milk	Apple Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup		Red Delicious Apple Slices	Crushed Pineapples		
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Flatbread Crackers			Animal Crackers	Cheezits
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz			Cottage Cheese		

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Children 1 thru 2 years receive whole milk  
Children 2 years and older receive 2% milk

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**Winter 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					
<b>BREAKFAST</b>								
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 1/3 oz	1/2 slice 1/3 cup or 1/2 oz	1 slice 3/4 cup or 1 oz	Rice Chex	Croissants	Cream of Wheat	Banana Bread Squares	Pancakes
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Sliced Bananas	Mandarin Oranges	Blueberries	Crushed Pineapples	Maple Applesauce
<b>LUNCH</b>								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz	BBQ Chicken	Ham & Cheese Macaroni Bake	Shepherds Pie w/ Ground Turkey	Spaghetti w/ Meat Sauce	Baked Breaded Pollock
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Steamed Rice		Flatbread Wedges		Wheat Dinner Rolls
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Cooked Spinach	Peas	Lima Beans	Green Beans	Steamed Broccoli
				Diced Pears	Red Delicious Apple Slices	Orange Slices	Diced Peaches	Fruit Salad (apples, bananas, oranges)
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Water	Grape Juice 100%	Milk	Blended Cranberry Juice 100%	Water
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Marinara Sauce	Breadsticks	Apple Crisp	Soft Pretzels	Banana-Pineapple Smoothie
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	1/2 oz	1/2 oz	1 oz		Sweet & Sour Meatballs			
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Apple Juice 100%	Milk	Water	Milk	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup					
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Wheat Crackers	Oatmeal Cookies (homemade)	Townhouse Crackers		Graham Crackers
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz			Cheddar Cheese Slices	Strawberry Yogurt	

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**Winter Menu 1 - Meal Pattern Requirements - Older Infants and Pretoddlers**

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
<b>BREAKFAST</b>							
Milk, Fluid	6-8oz breast milk 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 1/3 oz	Mixed Cereal or Cherrios	Cinnamon Raisin Bagels w/ Cream Cheese	Waffles	Blueberry Muffin Squares	Cinnamon Oatmeal
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Diced Peaches	Crushed Pineapples	Applesauce	Diced Pears	Diced Apricots
<b>LUNCH</b>							
Milk, Fluid	6-8oz breast milk 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	1 oz	Sloppy Joes	Turkey Pot Pie	Filipino Pork Adobo	Saucy Chicken Rigatoni	Tuna Melt
Grains, Breads, Pasta, Noodles		1/2 slice 1/4 cup	Slammer Rolls	Biscuits	Steamed Rice		English Muffins
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Green Beans	Peas & Carrots	Oriental Vegetables	Lima Beans	Fresh Steamed Zucchini (diced)
			Sliced Bananas	Spiced Apple Rings (diced)	Mandarin Oranges	Diced Peaches	Diced Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Grape Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Fruit or Vegetable		1/2 cup		Vegetable Egg Rolls	Pizza Muffins	Black Bean Dip	Sweet Potato Fries
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	Cheese Quesadillas			Pita Bread Wedges	
Meat or Meat Alternate		1/2 oz					
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Blended Cranberry Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk
Fruit or Vegetable		1/2 cup					
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	Animal Crackers		Oyster Crackers	Cheddar Rice Cakes	Fig Newtons
Meat or Meat Alternate		1/2 oz		Vanilla Yogurt			

Center:

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**Winter Menu 2 - Meal Pattern Requirements - Older Infants and Pretoddlers**

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
<b>BREAKFAST</b>							
Milk, Fluid	6-8oz breast milk 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 1/3 oz	Rice Cereal or Corn Flakes	Biscuits & Sausage Gravy	French Toast Sticks	Apple Muffin Squares	Baked Scrambled Eggs Wheat Toast
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Sliced Bananas	Diced Apricots	Blueberries	Diced Peaches	Diced Pears
<b>LUNCH</b>							
Milk, Fluid	6-8oz breast milk 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 oz	Chicken Corn Chip Pie w/ Pinto Beans	Ham Slices	Beef Stroganoff	Turkey Hot Shot	Baked Cheese Ravioli w/ Meat Sauce
Grains, Breads, Pasta, Noodles	1/2 - 2oz cheese, or 1-4oz cottage cheese, cheese food or cheese spread	1/2 slice 1/4 cup	White Dinner Rolls	Corn Bread	Egg Noodles	White Bread	
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Green Beans	Beets (diced)	Peas & Carrots	Mashed Potatoes	Steamed Broccoli
			Diced Peaches	Diced Pears	Strawberries	Mandarin Oranges	Diced Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Grape Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup		Banana Pudding w/ Vanilla Wafers		Salsa	Cream Style Corn
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	Basil & Havarti Cheese Pinwheels (flour tortilla shell)		Oatmeal Bake	Pita Bread Wedges	
Meat or Meat Alternate		1/2 oz					
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Blended Cranberry Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk	Apple Juice 100%
Fruit or Vegetable		1/2 cup		Diced Apples (can)	Crushed Pineapples		
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	Flatbread Crackers			Animal Crackers	Cheezits
Meat or Meat Alternate		1/2 oz			Cottage Cheese		

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Children birth thru 12 months receive formula  
Children 1 thru 2 years receive whole milk  
Children 2 years and older receive 2% milk

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**Winter Menu 3 - Meal Pattern Requirements - Older Infants and Pretoddlers**

Food Components	Minimum Serving		Monday	Tuesday	Wednesday	Thursday	Friday
	Older Infants 8 - 12 months	1 - 2 years					
<b>BREAKFAST</b>							
Milk, Fluid	6-8oz breast milk 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 1/3 oz	Oatmeal Cereal or Rice Chex	Croissants	Cream of Wheat	Banana Bread Squares	Pancakes
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Sliced Bananas	Mandarin Oranges	Blueberries	Crushed Pineapples	Maple Applesauce
<b>LUNCH</b>							
Milk, Fluid	6-8oz breast milk 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 oz	BBQ Chicken	Ham & Cheese Macaroni Bake	Shepherds Pie w/ Ground Turkey	Spaghetti w/ Meat Sauce	Baked Breaded Pollock
Grains, Breads, Pasta, Noodles	1/2 - 2oz cheese, or 1-4oz cottage cheese, cheese food or cheese spread	1/2 slice 1/4 cup	Steamed Rice		Flatbread Wedges		White Dinner Rolls
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Cooked Spinach	Peas	Lima Beans	Green Beans	Steamed Broccoli
			Diced Pears	Diced Apples (can)	Diced Apricots	Diced Peaches	Diced Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Grape Juice 100%	Formula / Milk	Blended Cranberry Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup	Marinara Sauce		Apple Crisp		Banana-Pineapple Smoothie
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	Breadsticks			Soft Pretzels	Pita Bread Wedges
Meat or Meat Alternate		1/2 oz		Sweet & Sour Meatballs			
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breast milk, iron-fortified infant formula or fruit juice	1/2 cup	Apple Juice 100%	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk
Fruit or Vegetable		1/2 cup					
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	Oatmeal Cookies (homemade)	Townhouse Crackers		Graham Crackers
Meat or Meat Alternate		1/2 oz			Cheddar Cheese Slices	Strawberry Yogurt	