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|  | **Week One** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable/Fruit/Juice**  Ages 1-18: ½ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **LUNCH/SUPPER** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ¼ c; Ages 6-18: ½ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit or Vegetable**  Ages: 1-18: ¼ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **SNACK** | **Milk**  Ages 1-5: 4 oz; Ages 6-18: 8 oz |  |  |  |  |  |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Fruit/Juice**  Ages: 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |

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|  | **Week Two** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable/Fruit/Juice**  Ages 1-18: ½ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **LUNCH /SUPPER** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ¼ c; Ages 6-18: ½ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit or Vegetable**  Ages: 1-18: ¼ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **SNACK** | **Milk**  Ages 1-5: 4 oz; Ages 6-18: 8 oz |  |  |  |  |  |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ½ c; Ages 6-18: ¾ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit/Juice**  Ages: 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |

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|  | **Week Three** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable/Fruit/Juice**  Ages 1-18: ½ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **LUNCH/SUPPER** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ¼ c; Ages 6-18: ½ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit or Vegetable**  Ages: 1-18: ¼ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **SNACK** | **Milk**  Ages 1-5: 4 oz; Ages 6-18: 8 oz |  |  |  |  |  |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ½ c; Ages 6-18: ¾ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit/Juice**  Ages: 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |

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|  | **Week Four** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable/Fruit/Juice**  Ages 1-18: ½ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **LUNCH/SUPPER** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ¼ c; Ages 6-18: ½ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit or Vegetable**  Ages: 1-18: ¼ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **SNACK** | **Milk**  Ages 1-5: 4 oz; Ages 6-18: 8 oz |  |  |  |  |  |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ½ c; Ages 6-18: ¾ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit/Juice**  Ages: 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |

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|  | **Week Five** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable/Fruit/Juice**  Ages 1-18: ½ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **LUNCH/SUPPER** | **Milk**  Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate**  Ages 1-5: 1 ½ oz  Ages 6-18: 2 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ¼ c; Ages 6-18: ½ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit or Vegetable**  Ages: 1-18: ¼ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |
| **SNACK** | **Milk**  Ages 1-5: 4 oz; Ages 6-18: 8 oz |  |  |  |  |  |
| **Meat/Meat Alternate**  Ages 1-5: ½ oz  Ages 6-18: 1 oz |  |  |  |  |  |
| **Vegetable**  Ages 1-5: ½ c; Ages 6-18: ¾ c  (Double portion for salads) |  |  |  |  |  |
| **Fruit/Juice**  Ages: 1-5: ½ c; Ages 6-18: ¾ c |  |  |  |  |  |
| **Grains/Breads**  Ages 1-5: ½ oz equivalent  Ages 6-18: 1 oz equivalent |  |  |  |  |  |