

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	Cheerios	Scrambled Eggs Wheat Toast	Blueberry Muffins	Cheese Grits	Toasted English Muffins
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Sliced Bananas	Diced Pears	Applesauce	Mandarin Oranges	Diced Peaches
<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	Stir-Fry Chicken	Baked Ham Slices	Turkey Pot Pie	Chili Con Carne with Kidney Beans	Tuna & Egg Noodle Casserole
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Steamed Rice	Garlic Bread	Biscuits	Saltine Crackers (sodium free)	
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Oriental Vegetables	Mashed Sweet Potatoes	Peas & Carrots	Green Beans	Steamed Zucchini
				Mandarin Oranges	Pineapple Tidbits	Cranberry Sauce	Diced Pears	Mixed Fruit Salad
<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	Milk	Grape Juice 100%	Apple Juice 100%	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Marinated Black Bean Salsa	Peach Upside-Down Cake			
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Corn Tortilla Chips		Cheese Quesadillas	Soft Pretzels	
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					Chicken Nuggets
<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	Water	Milk	Milk	Blended Cranberry Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Red Delicious Apple Slices				
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		Townhouse Crackers	Fig Newtons		Cheddar Rice Cakes
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz		Cheddar Cheese Slices		Strawberry Yogurt	

Pamela J. Doherty, RD, LD 3 Nov 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	Zucchini Bread	Cinnamon Raisin Bagels	Oatmeal	Belgian Waffles
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Sliced Bananas	Applesauce	Diced Peaches	Mandarin Oranges	Sliced Strawberries
<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	Parmesan Chicken	Turkey Hot Shot	Spaghetti with Meat Sauce	Croque-Monsieur (baked ham & mozzarella on white bread)	Baked Breaded Pollock
Grains, Breads, Pasta, Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Breadsticks	White Bread			Tomato Rice
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Cooked Spinach	Mashed Potatoes	Yellow Wax Beans	Cooked Carrots (diced)	Steamed Broccoli
				Spiced Apple Rings	Peas	Diced Apricots	Pineapple Tidbits	Mixed Fruit Salad
<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	Orange Juice 100%	Water	Milk	Milk	Grape Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Vegetable Egg Rolls	Orange Slices		Baked Bananas	Sweet Potato Fries
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		Wheat Crackers	Graham Cracker Lemon Bars		
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	Milk	Water	Apple Juice 100%	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Diced Peaches				
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		Strawberry Yogurt Chex Mix	Oyster Crackers	Flatbread Crackers	Vanilla Wafers
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz			Cheddar Cheese Slices		

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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	Pancakes	Cream of Wheat	Cinnamon Wheat Toast	Biscuits & Sausage Gravy
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Sliced Bananas	Sliced Strawberries	Blueberries	Mandarin Oranges	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	Oven Baked Chicken	Fiesta Chili Beans	Macaroni & Cheese Bake	Shepherds Pie (ground beef)	Turkey Wrap
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		French Bread	Tomato Tortilla Shell
Fruit and/or Vegetable (2 servings to total)	1/4 cup total	1/2 cup total	3/4 cup total	Beets	Glazed Carrots (diced)	Succotash (lima beans & corn)	Green Beans	Steamed Broccoli
				Orange Slices	Diced Pears	Diced Apricots	Diced Peaches	Mixed Fruit Salad
<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	Grape Juice 100%	Water	Milk	Blended Cranberry Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Potato Wedges		Marinara Sauce	Baked Apples (diced)	Pumpkin Pudding
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup			Breadsticks		Graham Crackers
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz		Swedish Meatballs in Mushroom Soup			
<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%	Water	Milk	Milk	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup		Diced Peaches			Sliced Bananas
Grains, Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Cheezits		Rice Krispy Treats	Animal Crackers	
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 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 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 1/3 oz	Infant Oatmeal Cereal or Cheerios	Scrambled Eggs White Toast	Blueberry Muffins	Cheese Grits	Toasted English Muffins
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Sliced Bananas	Diced Pears	Applesauce	Mandarin Oranges	Diced Peaches
<b>LUNCH</b>							
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	1 oz	Stir-Fry Chicken	Baked Ham Slices	Turkey Pot Pie	Chili Con Carne with Kidney Beans	Tuna & Egg Noodle Casserole
Grains, Breads, Pasta, Noodles		1/2 slice 1/4 cup	Steamed Rice	Garlic Bread	Biscuits	Saltine Crackers (sodium free)	
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Oriental Vegetables	Mashed Sweet Potatoes	Peas & Carrots	Green Beans	Steamed Zucchini
			Mandarin Oranges	Crushed Pineapples	Cranberry Sauce	Diced Pears	Mixed Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Grape Juice 100%	Apple Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup	Marinated Black Bean Salsa	Peach Upside-Down Cake			
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	Pita Bread Wedges			Cheese Quesadillas	Soft Pretzels
Meat or Meat Alternate		1/2 oz					Chicken Nuggets
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Blended Cranberry Juice 100%
Fruit or Vegetable		1/2 cup	Diced Apples (can)				
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		Townhouse Crackers	Fig Newtons		Cheddar Rice Cakes
Meat or Meat Alternate		1/2 oz		Cheddar Cheese Slices		Strawberry Yogurt	

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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 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 1/3 oz	Infant Mixed Cereal or Corn Flakes	Zucchini Bread	Cinnamon Raisin Bagels	Oatmeal	Belgian Waffles
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Sliced Bananas	Applesauce	Diced Peaches	Mandarin Oranges	Sliced Strawberries
<b>LUNCH</b>							
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	1 oz	Parmesan Chicken	Turkey Hot Shot	Spaghetti with Meat Sauce	Croque-Monsieur (baked ham & mozzarella on white bread)	Baked Breaded Pollock
Grains, Breads, Pasta, Noodles		1/2 slice 1/4 cup	Breadsticks	White Bread			Tomato Rice
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Cooked Spinach	Mashed Potatoes	Yellow Wax Beans	Cooked Carrots (diced)	Steamed Broccoli
			Spiced Apple Rings	Peas	Diced Apricots	Crushed Pineapples	Mixed Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Formula / Milk	Grape Juice 100%
Fruit or Vegetable		1/2 cup	Vegetable Egg Rolls	Mandarin Oranges		Baked Bananas	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			Wheat Crackers	Graham Cracker Lemon Bars	
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 breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Formula / Milk	Formula / Milk	Apple Juice 100%	Formula / Milk
Fruit or Vegetable		1/2 cup	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		Strawberry Yogurt Chex Mix	Oyster Crackers	Flatbread Crackers	Vanilla Wafers
Meat or Meat Alternate		1/2 oz			Cheddar Cheese Slices		

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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 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 1/3 oz	Infant Rice Cereal or Rice Chex	Pancakes	Cream of Wheat	Cinnamon White Toast	Biscuits & Sausage Gravy
Fruit or Vegetable	1-4 Tbsp fruit or vegetable or both	1/4 cup	Sliced Bananas	Sliced Strawberries	Blueberries	Mandarin Oranges	Diced Pears
<b>LUNCH</b>							
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	1 oz	Oven Baked Chicken	Fiesta Chili Beans	Macaroni & Cheese Bake	Shepherds Pie (ground beef)	Turkey Wrap
Grains, Breads, Pasta, Noodles			1/2 slice 1/4 cup	White Dinner Rolls		Corn Bread	French Bread
Fruit and/or Vegetable (2 servings to total)	1-4 Tbsp fruit or vegetable or both	1/4 cup total	Diced Beets	Glazed Carrots (diced)	Lima Beans	Green Beans	Steamed Broccoli
			Applesauce	Diced Pears	Diced Apricots	Diced Peaches	Mixed Fruit Salad
<b>2:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breastmilk, iron-fortified infant formula or fruit juice	1/2 cup	Formula / Milk	Grape Juice 100%	Formula / Milk	Formula / Milk	Blended Cranberry Juice 100%
Fruit or Vegetable		1/2 cup	Potato Wedges		Marinara Sauce	Baked Apples (diced)	Pumpkin Pudding
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		Graham Crackers
Meat or Meat Alternate		1/2 oz		Swedish Meatballs in Mushroom Soup			
<b>5:00pm SNACK</b> Select 2 of the 4 components for a reimburseable snack							
Milk, Fluid	2-4oz breastmilk, 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		Diced Peaches			Sliced Bananas
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	Cheezits		Rice Krispy Treats	Animal Crackers	
Meat or Meat Alternate		1/2 oz		Cottage Cheese			