## Weekly Menu for Children (7-Day)

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Туре	Component	Minimum Serving			Date:						
		1 & 2 3 - 5 years years		6 - 12 years	Mon	Tues	Wed	Thur	Fri	Sat	Sun
as S	Milk, fluid	1/2 cup	3/4 cup	1 cup							
<b>Sreaktast</b>	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup							
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2oz.	1 slice 3/4 cup or 1 oz.							
	Milk, fluid	1/2 cup	1/2 cup	1 cup							
AM Snack (select 2)	Juice, 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							
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.							
	Grains/Breads Pasta/Noodles	1/2 slice 1/4cup	1/2 slice 1/4cup	1 slice 1/2cup							
	Fruit and/or vegetable and/or juice	1/4 cup total	1/2 cup total	3/4 cup total							
	(to total 2 or more)										
	Milk, fluid	1/2 cup	3/4 cup	1 cup							

## Weekly Menu for Children (7-Day)

Week of:	
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Famil	y Child Care	Provide	r Name:	000000004-04-0-0-0-0-0-0-0-0-0-0-0-0-0-		nd Arkelininin and Arvenda Arkelinin and Arvenda Ar	THE PROPERTY OF THE PROPERTY O		in the state of th		OCCUPATION OF THE PROPERTY AND THE CONTRACT OF THE PROPERTY AS A PROPERT
Туре	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Milk, fluid	1/2 cup	1/2 cup	1 cup							
Snack ect 2)	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup							
PM Snacl (select 2)	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup							
To can de la marca della marca	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.							
Sum (1)	Grains/Breads Pasta/Noodles	1/2 slice 1/4cup	1/2 slice 1/4cup	1 slice 1/2cup							
Supper	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total							
Andread Communication Communic	Milk, fluid	1/2 cup	3/4 cup	1 cup					ndena timborana provincia sustante espas se un arrico pensa Acestán (en que su per		
	Milk, fluid	1/2 cup	1/2 cup	1 cup							
VE Snack (select 2)	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup					,		
EVE (sele	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.							

