

<b>WEEKEND MENU FORM</b>					
MINIMUM AMOUNT FOR AGE GROUPS INDICATED AFTER FOODS				PROVIDER NAME _____	
Meal	Ages 1-2	Ages 3-5	Ages 6-12	Saturday	Sunday
<b>BREAKFAST/ 3 COMPONENTS</b>					
1. Milk	1/2 cup	3/4 cup	1 cup		
2. Bread	1/2 slice	1/2 slice	1 slice		
Cereal dry cold	1/4 cup	1/3 cup	3/4 cup		
Cereal hot cooked	1/4 cup	1/4 cup	1/2 cup		
3. Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup		
Extras					
<b>A.M. SNACKS / 2 COMPONENTS</b>					
1. Milk	1/2 cup	1/2 cup	1 cup		
2. Meat, Poultry, Fish or Cheese	1/2 oz	1/2 oz	1 oz		
Egg	1/2 egg	1/2 egg	1 egg		
Cooked Dry Beans or Peas	1/8 cup	1/8 cup	1/4 cup		
Peanut Butter	1 tbsp	1-1/2 tbsp	2 tbsp		
3. Bread	1/2 slice	1/2 slice	1 slice		
4. Fruit/Vegetable	1/2 cup	1/2 cup	3/4 cup		
<b>LUNCH / 4 COMPONENTS</b>					
1. Milk	1/2 cup	3/4 cup	1 cup		
2. Meat, Poultry, Fish or Cheese	1 oz	1-1/2 oz	2 oz		
Egg	1 egg	1 egg	1 egg		
Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup		
Peanut Butter	2 tbsp	3 tbsp	4 tbsp		
3. Bread	1/2 slice	1/2 slice	1 slice		
Pasta	1/4 cup	1/4 cup	1/2 cup		
4. #1 Fruit/Vegetable	1/4 cup	1/2 cup	3/4 cup		
5. #2 Fruit/Vegetable	<i>Combined with #1 Vegetable Total</i>				
<b>P.M. SNACKS / 2 COMPONENTS</b>					
1. Milk	1/2 cup	1/2 cup	1 cup		
2. Meat, Poultry, Fish or Cheese	1/2 oz	1/2 oz	1 oz		
Egg	1/2 egg	1/2 egg	1 egg		
Cooked Dry Beans or Peas	1/8 cup	1/8 cup	1/4 cup		
Peanut Butter	1 tbsp	1-1/2 tbsp	2 tbsp		
3. Bread	1/2 slice	1/2 slice	1 slice		
4. Fruit/Vegetable	1/2 cup	1/2 cup	3/4 cup		