


# CENTER-BASED NUTRITION PROGRAM MENU


## SPRING # 1 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/2 cup					
	<b>Milk</b> 3/4 cup					
LUNCH/DINNER						
	<b>Meat/meat alternate</b> 1 ½ oz. eqv.					
	<b>Vegetable</b> 1/4 cup					
	<b>Fruit</b> 1/4 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 3/4 cup					
SNACK	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					



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## SPRING # 2 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/2 cup					
	<b>Milk</b> 3/4 cup					
<b>LUNCH/DINNER</b>						
	<b>Meat/meat alternate</b> 1 ½ oz. eqv.					
	<b>Vegetable</b> 1/4 cup					
	<b>Fruit</b> 1/4 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 3/4 cup					
<b>SNACK</b>	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					

This institution is an equal opportunity provider.

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See the linked Meal Prep Card for this menu.

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## SPRING # 3 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/2 cup					
	<b>Milk</b> 3/4 cup					
<b>LUNCH/DINNER</b>						
	<b>Meat/meat alternate</b> 1 ½ oz. eqv.					
	<b>Vegetable</b> 1/4 cup					
	<b>Fruit</b> 1/4 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 3/4 cup					
<b>SNACK</b>	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					

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## SPRING # 4 - PRESCHOOL (3-5 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/2 cup					
	<b>Milk</b> 3/4 cup					
<b>LUNCH/DINNER</b>						
	<b>Meat/meat alternate</b> 1 ½ oz. eqv.					
	<b>Vegetable</b> 1/4 cup					
	<b>Fruit</b> 1/4 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 3/4 cup					
<b>SNACK</b>	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					



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