

CENTER-BASED NUTRITION PROGRAM MENU

SPRING # 1 - SCHOOL-AGE (6-12 years)

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



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SPRING # 2 - SCHOOL-AGE (6-12 years)

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



CENTER-BASED NUTRITION PROGRAM MENU

SPRING # 3 - SCHOOL-AGE (6-12 years)

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



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SPRING # 4 - SCHOOL-AGE (6-12 years)

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

