

WEEKEND MENU

Provider Name _____

Month/Year _____

	1-2 yr	3-5 yr	6-11 yr	Saturday/Date:	Sunday/Date:		Saturday/Date:	Sunday/Date:
BREAKFAST								
Milk	1/2 c	3/4 c	1 c					
Vegetable, Fruit or Juice	1/4 c	1/2 c	1/2 c					
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
AM SNACK (choose 2)								
Milk	1/2 c	1/2 c	1 c					
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					
Vegetable, Fruit or Juice	1/2 c	1/2 c	3/4 c					
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
LUNCH								
Milk	1/2 c	3/4 c	1 c					
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz					
Vegetable or Fruit	1/4 c	1/2 c	3/4 c	1 2	1 2		1 2	1 2
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
PM SNACK (Choose 2)								
Milk	1/2 c	1/2 c	1 c					
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					
Vegetable, Fruit or Juice	1/2 c	1/2 c	3/4 c					
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
DINNER								
Milk	1/2 c	3/4 c	1 c					
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz					
Vegetable or Fruit	1/4 c	1/2 c	3/4 c	1 2	1 2		1 2	1 2
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
AD SNACK (Choose 2)								
Milk	1/2 c	1/2 c	1 c					
Meat or Meat Alternate	1/2 oz	1/2 oz	1 oz					
Vegetable, Fruit or Juice	1/2 c	1/2 c	3/4 c					
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					

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Vegetable, Fruit or Juice	1/2 c	1/2 c	3/4 c					
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
LUNCH								
Milk	1/2 c	3/4 c	1 c					
Meat or Meat Alternate	1 oz	1 1/2 oz	2 oz					
Vegetable or Fruit	1/4 c	1/2 c	3/4 c	1 2	1 2		1 2	1 2
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
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Milk	1/2 c	1/2 c	1 c					
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Milk	1/2 c	3/4 c	1 c					
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Vegetable or Fruit	1/4 c	1/2 c	3/4 c	1 2	1 2		1 2	1 2
Bread or Bread Alternate	1/2 sl	1/2 sl	1 sl					
AD SNACK (Choose 2)								
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