

The following 20-day cycle menu is a sample only. Portion sizes are for children ages 3 through 5 years. You may change any of the meals shown, rearrange the order or make substitutions within a meal. Be sure each new menu offers the food components that USDA meal patterns require. Note the variety of culturally diverse menu suggestions. Condiments were included to enhance the meals.

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## Day 1

### Breakfast

1% / Skim milk – ¾ cup  
 Fresh fruit cup – ½ cup  
 (grape halves, melon,  
 strawberries)  
 English muffin half w/jelly

### Snack

1% / Skim milk – ½ cup  
 “Ants on a log” (celery sticks  
 w/1 tbsp peanut butter,  
 raisins)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Peas & carrots – ¼ cup  
 Apple slices – ¼ cup  
 Dinner roll – 1  
 Breaded chicken nuggets –  
 3 oz

Barbecue sauce



## Day 2

### Breakfast

1% / Skim milk – ¾ cup  
 Sliced pears – ½ cup  
 Kix® cereal – ⅓ cup

### Snack

Apple juice – ½ cup  
 Soft pretzel – 1 small (½ oz)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Yellow corn – ¼ cup  
 Lettuce & tomato garnish –  
 ¼ cup  
 Whole wheat roll – 1  
 Turkey burger – 1½ oz meat

Ketchup, mayonnaise



## Day 3

### Breakfast

1% / Skim milk – ¾ cup  
 Citrus sections – ½ cup  
 Bagel half w/low-fat cream  
 cheese

### Snack

Plain granola bar – 1  
 Raspberry yogurt – ¼ cup  
 Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Plum – 1  
 Submarine sandwich:  
 ham – ½ oz meat  
 turkey – ½ oz meat  
 low-fat cheese – ½ oz  
 hot dog bun – 1/2  
 lettuce & tomato garnish –  
 ¼ cup

Mustard, mayonnaise,  
 pickles



## Day 4

### Breakfast

1% / Skim milk – ¾ cup  
 Cran-apple juice – ½ cup  
 Cheerios – ⅓ cup or ½ oz

### Snack

Wheat Thins  
 Mandarin oranges – ½ cup  
 Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Tuna chef's salad:  
 water-packed tuna –  
 1½ oz meat  
 lettuce, tomato, shredded  
 carrots, celery,  
 cucumbers – ½ cup  
 Whole wheat roll w/soft  
 margarine – 1 small  
 Watermelon – ¼ cup

Low-fat salad dressing



## Day 5

### Breakfast

1% / Skim milk – ¾ cup  
 Sliced peaches – ½ cup  
 Blueberry muffin – 1 small

### Snack

Milk – ½ cup  
 Kiwi – *optional*  
 Bread sticks

### Lunch/ Supper

1% / Skim milk – ¾ cup  
 Mexican pizza:  
 tortilla – 1  
 tomato sauce – ⅓ cup  
 refried beans – ¼ cup  
 low-fat cheese – ½ oz  
 Garden salad – ¼ cup  
 Grape halves – ¼ cup

Low-fat salad dressing



## Day 6

### Breakfast

1% / Skim milk – ¾ cup  
Blueberries – ½ cup  
Waffle – ½

Syrup

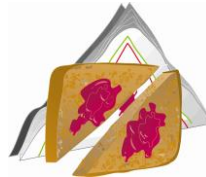
### Snack

1% / Skim milk – ½ cup  
Animal crackers – 5

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Chicken pita pocket:  
round pita – ½  
cooked chicken – 1½ oz  
meat  
lettuce & tomato – *optional*  
Green peas – ¼ cup  
Canned mandarin oranges –  
¼ cup

Low-fat salad dressing, sour  
cream



## Day 7

### Breakfast

1% / Skim milk – ¾ cup  
Fresh banana – 1 regular  
Raisin toast w/margarine – 1  
slice

### Snack

Fresh fruit cup – ½ cup  
Bran muffin – 1 oz  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Red, green, yellow pepper  
strips – ¼ cup  
Orange slices – ¼ cup  
Baked macaroni & cheese –  
¼ cup  
Fish sticks, shapes or  
pieces – 3 oz

Ketchup



## Day 8

### Breakfast

1% / Skim milk – ¾ cup  
Canned peaches – ½ cup  
French toast – 2 slices (½  
oz each)

Fruit spread

### Snack

Fresh banana – 1 regular  
Nabisco® Nilla Wafers – 5  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Steamed broccoli – ¼ cup  
Winter squash – ¼ cup  
Dinner roll – 1  
Ham & scalloped potatoes:  
ham – 1½ oz meat  
potatoes – ¼ cup



## Day 9

### Breakfast

1% / Skim milk – ¾ cup  
Orange juice – ½ cup  
Farina® or Cream of  
Wheat® – ¼ cup  
1 scrambled egg – *optional*

### Snack

1% / Skim milk – ½ cup  
Graham crackers w/peanut  
butter – 2 (½ oz)

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Green beans – ¼ cup  
Canned cherries – ¼ cup  
Italian bread – 1 slice  
*optional*  
Beef goulash:  
beef – 1½ oz meat  
pasta & sauce – ¼ cup



## Day 10

### Breakfast

1% / Skim milk – ¾ cup  
Pineapple tidbits &  
mandarin oranges – ½  
cup  
Carrot muffin – 1 small

### Snack

Carrot & green pepper  
sticks – ½ cup  
Saltine crackers – 4  
Water

Low-fat ranch dressing

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Bean soup – ½ cup  
Strawberries – ¼ cup  
Peanut butter & fruit spread  
or jam sandwich:  
bread – 1 slice  
peanut butter – 1½ tsp  
Cantaloupe – ¼ cup



## Day 11

### Breakfast

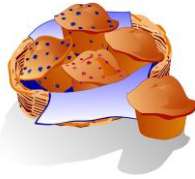
1% / Skim milk – ¾ cup  
Orange juice – ½ cup  
Cornflakes – ⅓ cup

### Snack

Vanilla yogurt – ¼ cup  
Fruit cocktail – ½ cup  
Water

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Marinated cucumber & tomato slices – ¼ cup  
Canned apricots – ¼ cup  
Egg salad on whole wheat bread:  
egg – 1  
bread – 1 slice  
Mayonnaise, lettuce leaves



## Day 12

### Breakfast

1% / Skim milk – ¾ cup  
Fruit cocktail – ½ cup  
Biscuit – 1  
Baked scrambled egg – 2  
tbsp

### Snack

1% / Skim milk – ½ cup  
Cinnamon toast – ½ slice

### Lunch/ Supper

1% / Skim milk – ¾ cup  
French cut green beans – ¼ cup  
Pineapple cubes – ¼ cup  
Steamed brown rice – ¼ cup  
Turkey meat loaf – 1½ oz meat  
Ketchup or gravy



## Day 13

### Breakfast

1% / Skim milk – ¾ cup  
Sliced banana – ½ cup  
Crisp-rice cereal – ⅓ cup

### Snack

Tomato juice – ½ cup  
Cheese stick – ½ oz  
Oyster crackers – ½ oz

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Peas – ¼ cup  
Carrot stick – 1  
Mashed potatoes – ¼ cup  
Stuffing – ½ oz  
Baked chicken – 1½ oz meat  
Cranberry sauce – *optional*



## Day 14

### Breakfast

1% / Skim milk – ¾ cup  
Fruit cup – ½ cup  
Whole wheat toast – ½ slice

### Snack

1% / Skim milk – ½ cup  
Peanut butter cookie – 1.1 oz each

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Zucchini – ¼ cup  
Green salad – ¼ cup  
French bread – ½ slice  
Spaghetti – ½ cup  
Meat sauce – 1½ oz  
Black olives, chopped



## Day 15

### Breakfast

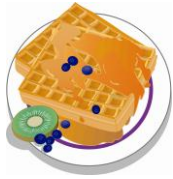
1% / Skim milk – ¾ cup  
Grapefruit sections – ½ cup  
Rolled oats – ¼ cup  
Cinnamon, sugar

### Snack

Pineapple juice – ½ cup  
Pretzel sticks – ½ oz

### Lunch/ Supper

1% / Skim milk – ¾ cup  
Spinach – ¼ cup  
Fresh pear half – ¼ cup  
Corn bread – 1 square  
Chili con carne



### Day 16

#### Breakfast

1% / Skim milk – ¾ cup  
Apricot halves – ½ cup  
Corn muffin – ½

#### Snack

Cottage cheese dip – ¼ cup  
Carrot sticks  
Melba toast – 3  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Mixed vegetables – ¼ cup  
Orange sections – ¼ cup  
Pasta & sauce – ¼ cup  
Oven-baked parmesan  
chicken – 1½ oz meat

Parmesan cheese



### Day 17

#### Breakfast

1% / Skim milk – ¾ cup  
Apple-grape juice – ½ cup  
Toast w/peanut butter – 1  
slice

#### Snack

Wheat pita bread – ½ small  
Hummus (chick pea spread)  
– 2 tbsp  
Shredded carrots as garnish  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Baked beans – ¼ cup  
Apple salad - ¼ cup  
(apples, crushed  
pineapple, raisins)  
Roll – 1 small  
Roast turkey sandwich – 1½  
oz meat

Lettuce leaves, mayonnaise



### Day 18

#### Breakfast

1% / Skim milk – ¾ cup  
Applesauce – ½ cup  
Pancake – 1

Syrup

#### Snack

Apple – 1 medium  
Rice cakes – ½ oz  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Sweet potatoes – ¼ cup  
Spinach or collard greens –  
¼ cup  
Corn bread – 1 square  
Roast pork w/gravy – 1½ oz  
meat  
Plantains – *optional*



### Day 19

#### Breakfast

1% / Skim milk – ¾ cup  
Pineapple rings – ½ cup  
Cheerios® – ⅓ cup

#### Snack

Grape juice – ½ cup  
Wheat crackers – 4 (½ oz)

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Honeydew melon – ¼ cup  
Rice – ¼ cup  
Stir fry:  
chicken – 1½ oz meat  
broccoli – ¼ cup  
snow peas, carrots –  
*optional*

Soy sauce



### Day 20

#### Breakfast

1% / Skim milk – ¾ cup  
Cantaloupe – ½ cup  
Corn grits – ¼ cup

#### Snack

Cheese cubes – ½ oz  
Banana muffin – 1 small  
Water

#### Lunch/ Supper

1% / Skim milk – ¾ cup  
Corn & okra – ¼ cup  
Carrot/raisin salad – ¼ cup  
Macaroni salad – ¼ cup  
Baked fish fillet – 3 oz

Lemon wedges