

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.

This institution is an equal opportunity provider.



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
Cantaloupe – 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

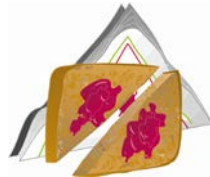
Snack

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
Pretzels – ½ 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
Triscuits® – 4
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
Goldfish® – 20

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

Cheese stick – ½ oz
Rice cake – 2
Water

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

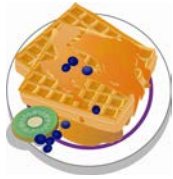
1% / Skim milk – ¾ cup
Grapefruit sections – ½ cup
Rolled oats – ¼ cup
Cinnamon, sugar

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 – 1½ oz



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