	1 - 15 Meal Requirements	1	2	3	4	5	6	7	8
st	Milk								
Breakfast	Fruit or Vegetable								
Bre	Cereal and/or bread alternate								
-	Select 2 items from these groups:1.Milk								
AM	2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate								
	Milk								
<del>г</del>	Meat and/or alternate								
Lunch	Vegetable or fruit								
	Vegetable or fruit								
	Bread and/or alternate								
Μ	Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable								
Р	4.Bread or alternate								
	Milk								
	Meat and/or alternate								
Dinner	Vegetable or fruit								
	Vegetable or fruit								
	Bread and/or alternate								
Ħ	Select 2 items from these groups:1.Milk								
Night	<ol> <li>Meat or alternate 3.Fruit or vegetable</li> <li>Bread or alternate</li> </ol>								
	16 - 31 Meal Requirements	16	17	18	19	20	21	22	23
		16	17	18	19	20	21	22	23
	16 - 31 Meal Requirements Milk	16	17	18	19	20	21	22	23
Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable	16	17	18	19	20	21	22	23
Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk	16	17	18	19	20	21	22	23
	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate	16	17	18	19	20	21	22	23
Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate	16	17	18	19	20	21	22	23
Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate	16			19	20	21	22	23
AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate	16			19	20	21	22	23
Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit				19	20	21		23
AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit								23
AM Breakfast	<ul> <li>16 - 31 Meal Requirements</li> <li>Milk</li> <li>Fruit or Vegetable</li> <li>Cereal and/or bread alternate</li> <li>Select 2 items from these groups:1.Milk</li> <li>2.Meat or alternate 3.Fruit or vegetable</li> <li>4.Bread or alternate</li> <li>Milk</li> <li>Meat and/or alternate</li> <li>Vegetable or fruit</li> <li>Vegetable or fruit</li> <li>Bread and/or alternate</li> </ul>								23
AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit Vegetable or fruit Bread and/or alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable								23
Lunch AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit Vegetable or fruit Bread and/or alternate Select 2 items from these groups:1.Milk								
Lunch AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit Vegetable or fruit Bread and/or alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable								
PM Lunch AM Breakfast	<ul> <li>16 - 31 Meal Requirements</li> <li>Milk</li> <li>Fruit or Vegetable</li> <li>Cereal and/or bread alternate</li> <li>Select 2 items from these groups:1.Milk</li> <li>2.Meat or alternate 3.Fruit or vegetable</li> <li>4.Bread or alternate</li> <li>Milk</li> <li>Meat and/or alternate</li> <li>Vegetable or fruit</li> <li>Vegetable or fruit</li> <li>Bread and/or alternate</li> <li>Select 2 items from these groups:1.Milk</li> <li>2.Meat or alternate</li> </ul>								
Lunch AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit Vegetable or fruit Bread and/or alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate								
PM Lunch AM Breakfast	16 - 31 Meal Requirements Milk Fruit or Vegetable Cereal and/or bread alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate Milk Meat and/or alternate Vegetable or fruit Vegetable or fruit Bread and/or alternate Select 2 items from these groups:1.Milk 2.Meat or alternate 3.Fruit or vegetable 4.Bread or alternate								
PM Lunch AM Breakfast	16 - 31 Meal RequirementsMilkFruit or VegetableCereal and/or bread alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateVegetable or fruitVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternateMilkMeat and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateMilkMeat and/or alternateVegetable or fruit								
Dinner PM Lunch AM Breakfast	16 - 31 Meal RequirementsMilkFruit or VegetableCereal and/or bread alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateVegetable or fruitVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternateMilkMeat and/or alternateVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateVegetable or fruitVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.MilkSelect 3 items from these groups:1.MilkSelect 4 items from these groups:1.MilkSelect 2 items from these groups:1.Milk								
ight Dinner PM Lunch AM Breakfast	16 - 31 Meal RequirementsMilkFruit or VegetableCereal and/or bread alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateVegetable or fruitVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternateMilkMeat and/or alternateSelect 2 items from these groups:1.Milk2.Meat or alternate 3.Fruit or vegetable4.Bread or alternateMilkMeat and/or alternateMilkMeat and/or alternateVegetable or fruitBread and/or alternateMilkMeat and/or alternateVegetable or fruitBread and/or alternateSelect 2 items from these groups:1.MilkBread or alternateMilkMeat and/or alternateVegetable or fruitBread and/or alternate								

8	9	10	11	12	13	14	15	Comments
								The following
								meets CACFP
								guidelines:
								*100% juice " water ıs made available
								* Whole Milk
								age 1-2 *Fat Free or 1% Milk
								Age 2 & older *Luncheon Meat is low
								fat from DELI *Homemade Items are
								from scratch.
								*Convenience Foods
								are homemade
								or have a CN Label.
23	24	25	26					
	24	25	26	27	28	29	30	31
	24	25	26	27	28	29	30	31
		25	26	27	28	29	30	31
			26	27	28	29	30	31
			26	27	28	29	30	31
			26	27	28	29	30	31
					28	29	30	31
								31
								31