

1 – 2 Years Table foods, Whole Milk (ages 1–2)

MEAL & CACFP QUANTITIES	Mon <small>half day</small>	Tue	Wed	Thu	Fri
BREAKFAST Whole milk: 4 fl oz Vegetable and/or fruit: ¼ cup Grain or meat alt: ½ oz eq	WU Milk Oatmeal Banana	WU Milk Mango Cottage Cheese (2 Tbsp)	WU Milk WG Cheerios Banana	WU Milk Applesauce Yogurt (¼ cup)	WU Milk French Toast Sticks Banana
AM SNACK Choose any 2 components: Milk: 4 fl oz · Meat/Meat Alt: ½ oz eq Vegetable: ½ cup · Fruit: ½ cup Grain: ½ oz eq	Cantaloupe WU Milk	Peaches Waffles	Strawberries Yogurt	Avocado WG Bread	Tuna Pita
LUNCH Whole milk: 4 fl oz Meat or meat alt: 1 oz eq Vegetable: ½ cup · Fruit: ½ cup Grain: ½ oz eq	<i>Half day Not served</i>	WU Milk Chicken Peas Pears Pasta	WU Milk Black Beans Corn Apples Tortilla - Corn	WU Milk Peanut Butter Carrots Apples WG Crackers	WU Milk Lentils Sweet Potato Oranges Rice

2 & Up Preschool classroom (2 & Up)

MEAL & CACFP QUANTITIES	Mon <small>half day</small>	Tue	Wed	Thu	Fri
BREAKFAST Low-fat milk: 6 fl oz (Age 2: 4 fl oz) Vegetable and/or fruit: ½ cup (Age 2: ¼ cup) Grain or meat alt: ½ oz eq	Low Fat Milk Oatmeal Banana	Low Fat Milk Mango Cottage Cheese (2 oz eq)	Low Fat Milk WG Cheerios Banana	Low Fat Milk Applesauce Yogurt (2 oz eq)	Low Fat Milk French Toast Sticks Banana
AM SNACK Choose any 2 components: Milk: 4 fl oz · Meat/Meat Alt: ½ oz eq Vegetable: ½ cup · Fruit: ½ cup Grain: ½ oz eq	Cantaloupe Low Fat Milk	Peaches Waffles	Strawberries Yogurt	Avocado WG Bread	Tuna Pita
LUNCH Low-fat milk: 6 fl oz (Age 2: 4 fl oz) Meat or meat alt: 1½ oz eq (Age 2: 1 oz eq) Vegetable: ¼ cup · Fruit: ¼ cup (Age 2: ½ cup each) Grain: ½ oz eq	<i>Half day Not served</i>	Low Fat Milk Chicken Peas Pears Pasta	Low Fat Milk Black Beans Corn Apples Tortilla - Corn	Low Fat Milk Peanut Butter Carrots Apples WG Crackers	Low Fat Milk Lentils Sweet Potato Oranges Rice