

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 WG Cheerios Banana	WU Milk Pears Oatmeal	WU Milk French Toast Sticks Applesauce	WU Milk Oranges Oatmeal
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	Blueberries WU Milk	Mango WU Milk	Strawberries WG Crackers	Mixed Berries Cottage Cheese	Pears WG Bread
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 Peaches Pasta	WU Milk Black Beans Corn Apples Tortilla - Corn	WU Milk Beef Tomato Watermelon Rice	WU Milk Tuna Broccoli Apricots Pita

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 WG Cheerios Banana	Low Fat Milk Pears Oatmeal	Low Fat Milk French Toast Sticks Applesauce	Low Fat Milk Oranges Oatmeal
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	Blueberries Low Fat Milk	Mango Low Fat Milk	Strawberries WG Crackers	Mixed Berries Cottage Cheese	Pears WG Bread
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 Peaches Pasta	Low Fat Milk Black Beans Corn Apples Tortilla - Corn	Low Fat Milk Beef Tomato Watermelon Rice	Low Fat Milk Tuna Broccoli Apricots Pita