

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

MEAL & CACFP QUANTITIES	Mon half day	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 Whole grain toast Plum	WU Milk French Toast Sticks Strawberries	WU Milk Whole grain crackers Oranges	WU Milk Oatmeal Apple
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	WU Milk WG Kix	WU Milk WG Cheerios	WU Milk Peaches	WU Milk Applesauce	WU Milk Broccoli
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 Mixed Vegetables Plum Whole grain toast	WU Milk Lentils Carrots Mixed Fruit WG Bread	WU Milk Black beans Pumpkin Pears Whole grain crackers	WU Milk Turkey Green Beans Apple Rice

2 & Up Preschool classroom (2 & Up)

MEAL & CACFP QUANTITIES	Mon half day	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	WU Milk Oatmeal Banana	WU Milk Whole grain toast Plum	WU Milk French Toast Sticks Strawberries	WU Milk Whole grain crackers Oranges	WU Milk Oatmeal Apple
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	WU Milk WG Kix	WU Milk WG Cheerios	WU Milk Peaches	WU Milk Applesauce	WU Milk Broccoli
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>	WU Milk Chicken Mixed Vegetables Plum Whole grain toast	WU Milk Lentils Carrots Mixed Fruit WG Bread	WU Milk Black beans Pumpkin Pears Whole grain crackers	WU Milk Turkey Green Beans Apple Rice