Do not serve a competing beverage with milk. Milk is the only beverage to be served at meals.

Two (2) vitamin A sources must be served at lunch and at dinner each week. Vitamin C must be served at either AM or PM snack or lunch daily.

Dessert type items (i.e., cookies, cake, pie, jello, etc.): no more than two (2) per week, may be counted.

Dessert items are optional and do not count as a required food component.

### MENU PATTERN

**Breakfast**
- 1/4 cup fruit or fruit juice
- 1/2 slice bread
- 3/4 cup milk

**AM Snack**
Two (2) of the five (5) food components (bread, fruit or juice, dairy, vegetable, protein)
- #1 Component from a food group
- #2 Component from a second food group

**Lunch**
1 1/2 ozs. high protein food
2 separate 1/4 cup servings of vegetables / salad / fruit
1/2 slice bread
3/4 cup milk

**Dinner**
1 1/2 ozs. high protein food
2 separate 1/4 cup servings of vegetables / salad / fruit
1/2 slice bread
3/4 cup milk

**Bedtime Snack**
1/2 cup vitamin C fruit or fruit juice or 1/2 cup milk
1/2 slice bread

### PROTEIN FOODS

Main dishes (entrees) made with meat, poultry, fish, cheese, eggs or peanut butter are considered high protein dishes.

1. Serve plain high protein foods (example: chicken leg) at least two (2) times each week (instead of casseroles). List serving sizes for plain high protein foods in ounces (example: hot dog, 1 1/2 ounces).
2. Provide variety. Do not serve the same main dish more than once every two weeks.
3. When sandwiches are on the menu, you may provide the protein by:
   - Including the required amount of high protein food in the sandwich (example: for a 3-year-old, 1 slice bread with 1 ounce of cheese and 1/2 ounce of ham); or by
   - serving part of the required amount of protein in the sandwich and the rest of the amount of protein in a small serving of another high protein food (example: for a 3-year-old, 1 slice bread with 2 tablespoons peanut butter plus a 1 ounce cheese cube).
4. The serving size for peanut butter for 6- to 12-year old children is 4 to 6 tablespoons. This amount may be too much to be placed in one sandwich; therefore, you may serve one peanut butter sandwich (made with 2 tablespoons peanut butter) plus another protein food (example: hard-cooked egg).
5. If spaghetti, chili, pizza or casseroles are homemade, write "homemade" on the menu. If you are using commercial products instead, extra high protein food must be added to ensure adequate protein in each serving. When you add extra high protein food, write this on the menu (example: hamburger added).
6. Dried beans (example: baked beans) are a low quality protein food, therefore, a larger amount must be served to each child in order to give enough protein. Since most 3- to 6-year-olds cannot eat more than 1/2 cup of beans or bean soup, you must serve at least 1/2 ounce of another protein when beans or bean soup are the main sources of protein in a meal.

### VEGETABLES

1. Homemade soups which contain at least 1/4 cup of vegetable in each 1/2 cup serving will count as one vegetable serving but "homemade" must be written on the menu. Commercial soups must have added vegetables if counted as a vegetable component.
2. These foods are high in protein and do not count as vegetables: cottage cheese and deviled eggs.
3. These foods do not count as vegetables or bread equivalent: potato chips, potato sticks, corn chips, flavored tortilla chips, tomato sauces, commercial soups, processed vegetable straws.
4. The following are bread-equivalent foods and do not count as vegetables: macaroni, rice, spaghetti, macaroni salad, noodles.
5. Gelatin with fruit and/or vegetables does not count as a vegetable or fruit serving unless it contains the required amount of vegetables and/or fruit in each serving.
Serve 2%, 1% or skim milk to children two (2) and over. Unflavored milk is preferred. Do not serve nonfat dry (powdered) milk unless a child's physician has given a written order.

Do not serve a competing beverage with milk (i.e., cola, lemonade, tea, water, juice, etc.).

**MILK**

Serve 2%, 1% or skim milk to children two (2) and over. Unflavored milk is preferred. Do not serve nonfat dry (powdered) milk unless a child's physician has given a written order.

Do not serve a competing beverage with milk (i.e., cola, lemonade, tea, water, juice, etc.).

**VITAMIN C SOURCES**

Serve one (1) source per day at AM or PM snack to daytime children. Serving size: 1/2 cup, all ages. If you are open in the evening, serve another source at the bedtime snack to the evening children.

**Fruits:**
- Orange Sections
- Strawberries
- Tangerine Sections
- Kiwi Fruit
- Orange Juice

**Vegetables:**
- Asparagus
- Broccoli
- Cabbage
- Cauliflower

**VITAMIN A SOURCES**

Vegetables may be served raw (in salad or cut up) or cooked.

**Vegetables:**
- Carrots
- Winter Squash
- Acorn Squash
- Butternut Squash
- Red Peppers

**Fruits:**
- Cantaloupe
- Apricots

**High Protein Foods:**
- Liver

**SERVING SIZES**

The serving sizes written on your menu should be for the age of your largest group in attendance.

**MENU WRITING HINTS**

The specific name of the food or beverage and how it is prepared must be written on the menu.

**Correct Example:**
- Baked Chicken Leg
- Orange Juice
- Cornflakes
- Fresh Peach

**Incorrect Example:**
- Chicken
- Juice
- Cereal
- Peach