## Milk

- **12-24 mo:** Fluid Unflavored Whole Milk
- **2-5 yr:** Fluid Unflavored Skim or 1%
- **>6 yr:** Fluid Unflavored Skim or 1% or Fluid Flavored Skim

### MONDAY
- **Milk**

### TUESDAY
- **Milk**

### WEDNESDAY
- **Milk**

### THURSDAY
- **Milk**

### FRIDAY
- **Milk**

### SATURDAY
- **Milk**

### SUNDAY
- **Milk**

## MONDAY

- **Meat/alternate can replace bread/alternate up to 3 times per week at breakfast**
- **100% Juice/Fruit/Veg**
- **Bread/Alternate**
- **Meat/Alternate**

### TUESDAY
- **AM SNACK:** Choose 2
  - Only 1 of 2 components can be a beverage
  - **Milk**
  - **Meat/Alternate**
  - **Fruit/100% Juice**
  - **Veg/100% Juice**
  - **Bread/Alternate**

### WEDNESDAY
- **LUNCH:** When two vegetables are served, two different kinds of vegetables must be served
- **Milk**
- **Meat/Alternate**
- **Vegetable**
- **Fruit or Vegetable**
- **Bread/Alternate**

### THURSDAY
- **PM SNACK:** Choose 2
  - Only 1 of 2 components can be a beverage
  - **Milk**
  - **Meat/Alternate**
  - **Fruit/100% Juice**
  - **Veg/100% Juice**
  - **Bread/Alternate**

### FRIDAY
- **SUPPER:** When two vegetables are served, two different kinds of vegetables must be served
- **Milk**
- **Meat/Alternate**
- **Vegetable**
- **Fruit or Vegetable**
- **Bread/Alternate**

### SATURDAY
- **Bread/Alternate**—At least one serving per day must be whole grain-rich designated with [WG] next to the component

### CRACKER LIST

- **Sugar/dry ounce**

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This institution is an equal opportunity provider.
## Menu Changes

Document any meal changes prior to serving that meal. If Monitoring Visit is made, documentation of any menu changes will be required.

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