

Afterschool Program: _____

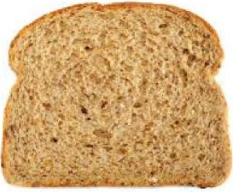







Month ____ Week of _____ Year ____






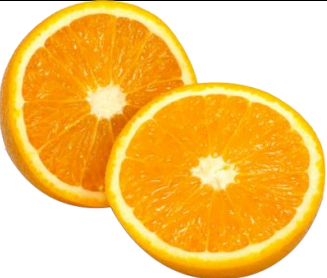



Minimum Requirements ¹			Meal Components ²	Weekly Menu Items				
Age 1 – 2	Age 3 – 5	Ages 6 – 18	Snack Components*	Monday	Tuesday	Wednesday	Thursday	Friday
½ serving	½ serving	1 serving	Bread/Grain**					
½ oz.	½ oz.	1 oz.	Lean Meat or Meat Alternative					
½ cup	½ cup	¾ cup	Vegetable or 100% juice					
½ cup	½ cup	¾ cup	Fruit or 100% Fruit juice					
½ cup	½ cup	1 cup	Fat free or 1% Milk or Water					
*2 of 4 components must be served at minimum. **New guidelines prohibit grain based desserts for snack. *** Water should be made available to all children.								
Age 1 – 2	Age 3 – 5	Ages 6 – 18	Supper Components*	Monday	Tuesday	Wednesday	Thursday	Friday
½ serving	½ serving	1 serving	Bread/Grain					
½ oz.	½ oz.	1 oz.	Lean Meat or Meat Alternative					
½ cup	¼ cup	½ cup	Vegetable					
1/8 cup	¼ cup	¼ cup	Fruit or 2 nd Vegetable					
1/8 cup	½ cup	1 cup	Fat free or 1% Milk or Water					
*All 5 components must be served at minimum. **Water should be made available to all children.								

¹Serving sizes should comply with children’s energy needs.

²Providers should note nut and seed allergies of children in the program.

Learn what the meal components look like.

Bread/Grain	 100% whole grain bread	 brown rice	 6" whole grain tortilla	 whole grain pasta
Lean Meat/ Meat Alternative	 lean fish, poultry and chicken	 boiled egg	 tofu	 fat-free or low-fat plain yogurt

Vegetable	 <p data-bbox="485 402 583 427">broccoli</p>	 <p data-bbox="1094 402 1234 427">baby carrots</p>	 <p data-bbox="1682 402 1843 427">cooked beans</p>
Fruit	 <p data-bbox="516 719 594 743">grapes</p>	 <p data-bbox="1024 719 1186 743">dried apricots</p>	 <p data-bbox="1633 719 1711 743">orange</p>
Milk	 <p data-bbox="527 1105 772 1130">low-fat or 1% milk</p>	 <p data-bbox="1024 1105 1262 1130">fat-free or 0% milk</p>	 <p data-bbox="1591 1105 1703 1130">soy milk</p>