

Afterschool Program: _____

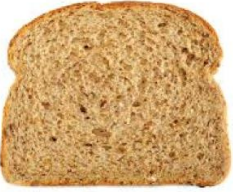




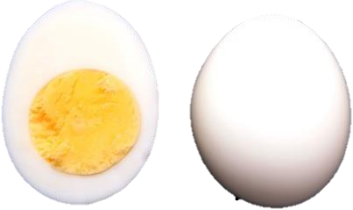





Month ____ Week of _____ Year ____

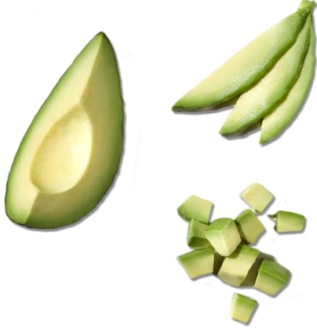
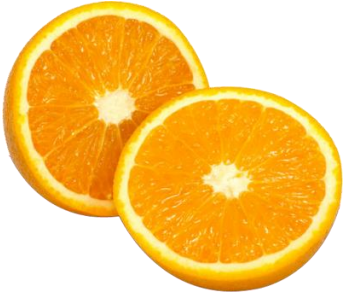
Minimum Requirements ¹			Meal Components ²	Weekly Menu Items				
Age 1 – 2	Age 3 – 5	Ages 6 – 12 & 13 – 18	Snack Components*	Monday	Tuesday	Wednesday	Thursday	Friday
½ oz. eq.**	½ oz. eq.**	1 oz. eq.**	Bread/Grain					
½ oz.	½ oz.	1 oz.	Lean Meat or Meat Alternative					
½ cup	½ cup	¾ cup	100% Fruit juice or Vegetable					
½ cup	½ cup	1 cup	Fat free or 1% Milk or Water					
*2 of 4 components must be served at minimum. **Grains are measured in ounce equivalents. ***Water must be served if no other beverage is available.								
Age 1 – 2	Age 3 – 5	Ages 6 – 12 & 13 – 18	Supper Components	Monday	Tuesday	Wednesday	Thursday	Friday
½ oz. eq.**	½ oz. eq.**	1 oz. eq.**	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. **Grains are measured in ounce equivalents. ***Water should be made available to 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	 1 slice 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	 broccoli	 baby carrots	 cooked beans	

<p>Fruit</p>	 <p>grapes</p>	 <p>avocado</p>	 <p>orange</p>
<p>Milk</p>	 <p>low-free or 1% milk</p>	 <p>fat-free or 0% milk</p>	 <p>soy milk</p>