

**MENU CYCLE – DAYS 1 THROUGH 5**

FOOD COMPONENTS	SERVING SIZE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Breakfast</b> Grain/bread Vegetable/Fruit Milk, fluid Other						
<b>A.M. Snack</b> Meat/meat alternate Grain/bread Vegetable/Fruit Milk, fluid Other						
<b>Lunch</b> Meat/meat alternate Grain/bread Vegetable/Fruit (two or more kinds) Milk, fluid Other						
<b>P.M. Snack</b> Meat/meat alternate Grain/bread Vegetable/Fruit Milk, fluid Other						
<b>Supper</b> Meat/meat alternate Grain/bread Vegetable/Fruit (two or more kinds) Milk, fluid Other						

MENU CYCLE – DAYS 6 THROUGH 11

FOOD COMPONENTS	SERVING SIZE	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
<b>Breakfast</b> Grain/bread Vegetable/Fruit Milk, fluid Other							
<b>A.M. Snack</b> Meat/meat alternate Grain/bread Vegetable/Fruit Milk, fluid Other							
<b>Lunch</b> Meat/meat alternate Grain/bread Vegetable/Fruit (two or more kinds) Milk, fluid Other							
<b>P.M. Snack</b> Meat/meat alternate Grain/bread Vegetable/Fruit Milk, fluid Other							
<b>Supper</b> Meat/meat alternate Grain/bread Vegetable/Fruit (two or more kinds) Milk, fluid Other							