

CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #1 – SCHOOL-AGE (6–12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	Grain or meat/meat alternate 1 oz. eqv.					
	Fruit/vegetable 1/2 cup					
	Milk 1 cup					
SNACK						
	Meat/meat alternate 1 oz. eqv.					
	Vegetable 3/4 cup					
	Fruit 3/4 cup					
	Grain 1 oz. eqv.					
	Milk 1 cup					

This institution is an equal opportunity provider.

Rev. 09/17/25



See the linked Meal Prep Card for this menu.

CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #2 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	Grain or meat/meat alternate 1 oz. eqv.					
	Fruit/vegetable 1/2 cup					
	Milk 1 cup					
SNACK						
	Meat/meat alternate 1 oz. eqv.					
	Vegetable 3/4 cup					
	Fruit 3/4 cup					
	Grain 1 oz. eqv.					
	Milk 1 cup					



CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #3 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	Grain or meat/meat alternate 1 oz. eqv.					
	Fruit/vegetable 1/2 cup					
	Milk 1 cup					
SNACK						
	Meat/meat alternate 1 oz. eqv.					
	Vegetable 3/4 cup					
	Fruit 3/4 cup					
	Grain 1 oz. eqv.					
	Milk 1 cup					

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CENTER-BASED NUTRITION PROGRAM MENU

FALL/WINTER #4 – SCHOOL-AGE (6-12 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	Grain or meat/meat alternate 1 oz. eqv.					
	Fruit/vegetable 1/2 cup					
	Milk 1 cup					
SNACK						
	Meat/meat alternate 1 oz. eqv.					
	Vegetable 3/4 cup					
	Fruit 3/4 cup					
	Grain 1 oz. eqv.					
	Milk 1 cup					



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