


# CENTER-BASED NUTRITION PROGRAM MENU

## FALL/WINTER #1 – TODDLER (1-2 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/4 cup					
	<b>Milk</b> 1/2 cup					
LUNCH/DINNER						
	<b>Meat/meat alternate</b> 1 oz. eqv.					
	<b>Vegetable</b> 1/8 cup					
	<b>Fruit</b> 1/8 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					
SNACK	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					

This institution is an equal opportunity provider.

Rev. 09/15/25



See the linked Meal Prep Card for this menu.

# CENTER-BASED NUTRITION PROGRAM MENU

## FALL/WINTER #2 – TODDLER (1-2 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/4 cup					
	<b>Milk</b> 1/2 cup					
LUNCH/DINNER						
	<b>Meat/meat alternate</b> 1 oz. eqv.					
	<b>Vegetable</b> 1/8 cup					
	<b>Fruit</b> 1/8 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					
SNACK	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					




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## FALL/WINTER #3 – TODDLER (1-2 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/4 cup					
	<b>Milk</b> 1/2 cup					
LUNCH/DINNER						
	<b>Meat/meat alternate</b> 1 oz. eqv.					
	<b>Vegetable</b> 1/8 cup					
	<b>Fruit</b> 1/8 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					
SNACK	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					

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# CENTER-BASED NUTRITION PROGRAM MENU

## FALL/WINTER #4 – TODDLER (1-2 years)

	COMPONENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
	<b>Grain or meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Fruit/vegetable</b> 1/4 cup					
	<b>Milk</b> 1/2 cup					
LUNCH/DINNER						
	<b>Meat/meat alternate</b> 1 oz. eqv.					
	<b>Vegetable</b> 1/8 cup					
	<b>Fruit</b> 1/8 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					
SNACK	<b>Meat/meat alternate</b> 1/2 oz. eqv.					
	<b>Vegetable</b> 1/2 cup					
	<b>Fruit</b> 1/2 cup					
	<b>Grain</b> 1/2 oz. eqv.					
	<b>Milk</b> 1/2 cup					

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