

The following 20-day cycle menu is a sample only. Portion sizes are for children ages 3 through 5 years. You may change any of the meals shown, rearrange the order or make substitutions within a meal. Be sure each new menu offers the food components that USDA meal patterns require. Note the variety of culturally diverse menu suggestions. Condiments were included to enhance the meals.

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Day 1

Breakfast

1% / Skim milk – ¾ cup
 Fresh fruit cup – ½ cup
 (grape halves, melon,
 strawberries)
 English muffin half w/jelly

Snack

1% / Skim milk – ½ cup
 “Ants on a log” (celery sticks
 w/1 tbsp peanut butter,
 raisins)

Lunch/ Supper

1% / Skim milk – ¾ cup
 Peas & carrots – ¼ cup
 Apple slices – ¼ cup
 Dinner roll – 1
 Breaded chicken nuggets –
 3 oz

Barbecue sauce



Day 2

Breakfast

1% / Skim milk – ¾ cup
 Sliced pears – ½ cup
 Kix® cereal – ⅓ cup

Snack

Apple juice – ½ cup
 Soft pretzel – 1 small (½ oz)

Lunch/ Supper

1% / Skim milk – ¾ cup
 Yellow corn – ¼ cup
 Lettuce & tomato garnish –
 ¼ cup
 Whole wheat roll – 1
 Turkey burger – 1½ oz meat

Ketchup, mayonnaise



Day 3

Breakfast

1% / Skim milk – ¾ cup
 Citrus sections – ½ cup
 Bagel half w/low-fat cream
 cheese

Snack

Plain granola bar – 1
 Raspberry yogurt – ¼ cup
 Water

Lunch/ Supper

1% / Skim milk – ¾ cup
 Plum – 1
 Submarine sandwich:
 ham – ½ oz meat
 turkey – ½ oz meat
 low-fat cheese – ½ oz
 hot dog bun – 1/2
 lettuce & tomato garnish –
 ¼ cup

Mustard, mayonnaise,
 pickles



Day 4

Breakfast

1% / Skim milk – ¾ cup
 Cran-apple juice – ½ cup
 Cheerios – ⅓ cup or ½ oz

Snack

Wheat Thins
 Mandarin oranges – ½ cup
 Water

Lunch/ Supper

1% / Skim milk – ¾ cup
 Tuna chef's salad:
 water-packed tuna –
 1½ oz meat
 lettuce, tomato, shredded
 carrots, celery,
 cucumbers – ½ cup
 Whole wheat roll w/soft
 margarine – 1 small
 Watermelon – ¼ cup

Low-fat salad dressing



Day 5

Breakfast

1% / Skim milk – ¾ cup
 Sliced peaches – ½ cup
 Blueberry muffin – 1 small

Snack

Milk – ½ cup
 Kiwi – *optional*
 Bread sticks

Lunch/ Supper

1% / Skim milk – ¾ cup
 Mexican pizza:
 tortilla – 1
 tomato sauce – ⅓ cup
 refried beans – ¼ cup
 low-fat cheese – ½ oz
 Garden salad – ¼ cup
 Grape halves – ¼ cup

Low-fat salad dressing



Day 6

Breakfast

1% / Skim milk – ¾ cup
Blueberries – ½ cup
Waffle – ½

Syrup

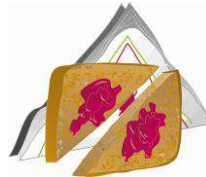
Snack

1% / Skim milk – ½ cup
Animal crackers – 5

Lunch/ Supper

1% / Skim milk – ¾ cup
Chicken pita pocket:
round pita – ½
cooked chicken – 1½ oz
meat
lettuce & tomato – *optional*
Green peas – ¼ cup
Canned mandarin oranges –
¼ cup

Low-fat salad dressing, sour
cream



Day 7

Breakfast

1% / Skim milk – ¾ cup
Fresh banana – 1 regular
Raisin toast w/margarine – 1
slice

Snack

Fresh fruit cup – ½ cup
Bran muffin – 1 oz
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Red, green, yellow pepper
strips – ¼ cup
Orange slices – ¼ cup
Baked macaroni & cheese –
¼ cup
Fish sticks, shapes or
pieces – 3 oz

Ketchup



Day 8

Breakfast

1% / Skim milk – ¾ cup
Canned peaches – ½ cup
French toast – 2 slices (½
oz each)

Fruit spread

Snack

Fresh banana – 1 regular
Nabisco® Nilla Wafers – 5
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Steamed broccoli – ¼ cup
Winter squash – ¼ cup
Dinner roll – 1
Ham & scalloped potatoes:
ham – 1½ oz meat
potatoes – ¼ cup



Day 9

Breakfast

1% / Skim milk – ¾ cup
Orange juice – ½ cup
Farina® or Cream of
Wheat® – ¼ cup
1 scrambled egg – *optional*

Snack

1% / Skim milk – ½ cup
Graham crackers w/peanut
butter – 2 (½ oz)

Lunch/ Supper

1% / Skim milk – ¾ cup
Green beans – ¼ cup
Canned cherries – ¼ cup
Italian bread – 1 slice
optional
Beef goulash:
beef – 1½ oz meat
pasta & sauce – ¼ cup



Day 10

Breakfast

1% / Skim milk – ¾ cup
Pineapple tidbits &
mandarin oranges – ½
cup
Carrot muffin – 1 small

Snack

Carrot & green pepper
sticks – ½ cup
Saltine crackers – 4
Water

Low-fat ranch dressing

Lunch/ Supper

1% / Skim milk – ¾ cup
Bean soup – ½ cup
Strawberries – ¼ cup
Peanut butter & fruit spread
or jam sandwich:
bread – 1 slice
peanut butter – 1½ tsp
Cantaloupe – ¼ cup



Day 11

Breakfast

1% / Skim milk – ¾ cup
Orange juice – ½ cup
Cornflakes – ⅓ cup

Snack

Vanilla yogurt – ¼ cup
Fruit cocktail – ½ cup
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Marinated cucumber & tomato slices – ¼ cup
Canned apricots – ¼ cup
Egg salad on whole wheat bread:
egg – 1
bread – 1 slice
Mayonnaise, lettuce leaves



Day 12

Breakfast

1% / Skim milk – ¾ cup
Fruit cocktail – ½ cup
Biscuit – 1
Baked scrambled egg – 2
tbsp

Snack

1% / Skim milk – ½ cup
Cinnamon toast – ½ slice

Lunch/ Supper

1% / Skim milk – ¾ cup
French cut green beans – ¼ cup
Pineapple cubes – ¼ cup
Steamed brown rice – ¼ cup
Turkey meat loaf – 1½ oz meat
Ketchup or gravy



Day 13

Breakfast

1% / Skim milk – ¾ cup
Sliced banana – ½ cup
Crisp-rice cereal – ⅓ cup

Snack

Tomato juice – ½ cup
Cheese stick – ½ oz
Oyster crackers – ½ oz

Lunch/ Supper

1% / Skim milk – ¾ cup
Peas – ¼ cup
Carrot stick – 1
Mashed potatoes – ¼ cup
Stuffing – ½ oz
Baked chicken – 1½ oz meat
Cranberry sauce – *optional*



Day 14

Breakfast

1% / Skim milk – ¾ cup
Fruit cup – ½ cup
Whole wheat toast – ½ slice

Snack

1% / Skim milk – ½ cup
Peanut butter cookie – 1.1 oz each

Lunch/ Supper

1% / Skim milk – ¾ cup
Zucchini – ¼ cup
Green salad – ¼ cup
French bread – ½ slice
Spaghetti – ½ cup
Meat sauce – 1½ oz
Black olives, chopped



Day 15

Breakfast

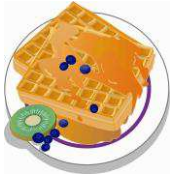
1% / Skim milk – ¾ cup
Grapefruit sections – ½ cup
Rolled oats – ¼ cup
Cinnamon, sugar

Snack

Pineapple juice – ½ cup
Pretzel sticks – ½ oz

Lunch/ Supper

1% / Skim milk – ¾ cup
Spinach – ¼ cup
Fresh pear half – ¼ cup
Corn bread – 1 square
Chili con carne



Day 16

Breakfast

1% / Skim milk – ¾ cup
Apricot halves – ½ cup
Corn muffin – ½

Snack

Cottage cheese dip – ¼ cup
Carrot sticks
Melba toast – 3
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Mixed vegetables – ¼ cup
Orange sections – ¼ cup
Pasta & sauce – ¼ cup
Oven-baked parmesan
chicken – 1½ oz meat

Parmesan cheese



Day 17

Breakfast

1% / Skim milk – ¾ cup
Apple-grape juice – ½ cup
Toast w/peanut butter – 1
slice

Snack

Wheat pita bread – ½ small
Hummus (chick pea spread)
– 2 tbsp
Shredded carrots as garnish
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Baked beans – ¼ cup
Apple salad - ¼ cup
(apples, crushed
pineapple, raisins)
Roll – 1 small
Roast turkey sandwich – 1½
oz meat

Lettuce leaves, mayonnaise



Day 18

Breakfast

1% / Skim milk – ¾ cup
Applesauce – ½ cup
Pancake – 1

Syrup

Snack

Apple – 1 medium
Rice cakes – ½ oz
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Sweet potatoes – ¼ cup
Spinach or collard greens –
¼ cup
Corn bread – 1 square
Roast pork w/gravy – 1½ oz
meat
Plantains – *optional*



Day 19

Breakfast

1% / Skim milk – ¾ cup
Pineapple rings – ½ cup
Cheerios® – ⅓ cup

Snack

Grape juice – ½ cup
Wheat crackers – 4 (½ oz)

Lunch/ Supper

1% / Skim milk – ¾ cup
Honeydew melon – ¼ cup
Rice – ¼ cup
Stir fry:
chicken – 1½ oz meat
broccoli – ¼ cup
snow peas, carrots –
optional

Soy sauce



Day 20

Breakfast

1% / Skim milk – ¾ cup
Cantaloupe – ½ cup
Corn grits – ¼ cup

Snack

Cheese cubes – ½ oz
Banana muffin – 1 small
Water

Lunch/ Supper

1% / Skim milk – ¾ cup
Corn & okra – ¼ cup
Carrot/raisin salad – ¼ cup
Macaroni salad – ¼ cup
Baked fish fillet – 3 oz

Lemon wedges