

REGULAR MENU

I certify that this menu actually reflects the foods served this month: *(Provider Signature)* _____ License #: _____

Month _____ Year _____

	DAY	DAY	DAY	DAY	DAY
	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Vegetable, Fruit or combination of both					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Meat/Meat Alternate <i>(in place of bread/grain; no more than 3 times per week)</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					
A.M. SNACK (Choose 2 of these 5)					
Meat/Meat Alternate					
Vegetable					
Fruit					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					
LUNCH					
Meat/Meat Alternate					
Vegetable					
Vegetable or Fruit					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					
P.M. SNACK (Choose 2 of these 5)					
Meat/Meat Alternate					
Vegetable					
Fruit					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					
SUPPER					
Meat/Meat Alternate					
Vegetable					
Vegetable or Fruit					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					
EVE SNACK (Choose 2 of these 5)					
Meat/Meat Alternate					
Vegetable					
Fruit					
Bread/Grain <i>(specify if whole grain rich item, with "WG")</i>					
Fluid Milk <i>(specify fat percentage) *Unflavored unless specified</i>					

- White copies to office.
- Yellow copies for provider records.
- USDA is an equal opportunity provider and employer.

Reminders:

- *Flavored milk is not creditable for children under the age of 6 yrs.
- 100% juice can only be served once a day.
- One bread/grain item a day must be whole grain rich.
- A meat/meat alternate can be served at breakfast, in place of a bread/grain; no more than 3 times a week.
- Serve a variety of foods.
- Water should be served at snack if neither of the other two components are a liquid.
- Be sure to write H.M. (homemade) or S.D. (side dish) where applicable on the menu.
- 100% juice may not be served at snack if milk is the only other food.
- One fruit and one vegetable or two vegetables can be served at Lunch and Supper.
- Deep fat fried items are not creditable.
- Cold cereals must contain no more than 6 grams of sugar, per dry ounce.
- Yogurt must contain no more than 23 grams of sugar, per 6 oz. serving.