

SFSP: Sample Lunch / Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILK: 1 cup (8 fl. oz.)							
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal, or grain).*							
FRUIT OR VEGETABLE: ¾ cup total	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
MEAT OR MEAT ALTERNATIVE: 2 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*							
OTHER:							