



# Sample Menu for Snack

Choose 2 of the 4

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

\* Left column examples are not exhaustive; see Summer Food Service Program Nutrition Guidance for more information.