

Sample Menu Grid for Lunch or Supper

Serve all five components

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILK: 1 cup (8 fl. oz.)							
FRUITS and VEGETABLES: - $\frac{3}{4}$ cup total - Must serve at least 2 different kinds - Cannot be of the same variety e.g., apple and apple juice - 100% juice may count for no more than half this requirement	#1	#1	#1	#1	#1	#1	#1
	#2	#2	#2	#2	#2	#2	#2
GRAINS/BREADS: 1 serving (1 slice of bread; $\frac{1}{2}$ cup of cooked pasta or grain).*							
MEAT/MEAT ALTERNATES: (2 oz. cooked meat or cheese; $\frac{1}{2}$ cup cooked dry beans; 1 lg. egg, 1 cup or 8 oz. yogurt)*							
OTHER:							

*Food item examples are not exhaustive; see USDA's [Summer Food Service Program for Children Nutrition Guide](#) for more information.