

# Sample Menu Grid for Snack

Select two of the four components for a reimbursable snack  
 Juice may not be served when milk is the only other component

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MILK:</b> 1 cup (8 fl. oz.)							
<b>FRUITS and/or VEGETABLES:</b> ¾ cup or 6 fl. oz. of 100% juice							
<b>GRAINS/BREADS:</b> 1 serving (1 slice of bread; ½ cup of pasta or grain, ¾ cup ready-to-eat breakfast cereal).*							
<b>MEAT/MEAT ALTERNATES:</b> (1 oz. cooked meat or cheese; ¼ cup dry beans; 2 Tbsp. peanut butter; ½ lg. egg, ½ cup or 4 oz. yogurt)*							
<b>OTHER:</b>							

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