

Center Name: Tipp City Preschool Learning Center

Type	Component	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
		1 & 2 Years	3-5 Years	6-12 years					
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk Water	Milk	Milk (in cereal) Water	Milk
	Juice, fruit, or vegetable	1/4 cup	1/2 cup	1/2 cup	Pineapple	Mangoes	Pears	Peaches	Mixed fruit (in fridge)
	Grains/Breads Dry Cereal	1/2 slices 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Granola Bar	Honey Buns	Oatmeal Square	Cereal	Cereal Bar
	Meat or Meat alternative	1 oz.	1 1/2 oz.	2 oz.	Sloppy Joe Meat Sauce	Pizza Rolls	Popcorn Chicken	Marinara or BBQ Meatballs	Chicken Fettucini
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Bun	Breading on Pizza Rolls	Breading (on chicken)	Breadstick	Pasta
Lunch	Fruit and/or vegetable and/or juice (2 servings total)	1/4 cup total	1/2 cup total	3/4 cup total	Green Beans Mandarin	Cucumbers Grapes	Peas Apple Sauce	Broccoli Pineapple	Carrots Pears
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Juice, fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup					
Snack (select 2)	Grains/Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup				cracker sticks and cheese dip	Pudding
	Meat or Meat alternative	1/2 oz.	1/2 oz.	1 oz.	Goldfish Juice	Rice Krispie treats Juice	Oreos Milk		Juice
								Water	

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Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk (In Cereal) Water	Milk	Milk (in cereal) Water	Milk	Milk (in cereal) Water
	Juice, fruit, or vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarins	bananas	Pears	Applesauce	mixed fruit
	Grains/Breads Dry Cereal	1/2 slices 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Cereal	Granola Bars	Cereal	Oatmeal Squares	Cereal
	Meat or Meat alternative	1 oz.	1 1/2 oz.	2 oz.	Ham and Cheese Wraps	Hot Dog	Ground Beef (Taco Seasoning) Nacho Cheese	Fish Sticks	Macaroni & Cheese (Cheese)
Lunch	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Soft shell	Buns	Soft taco shells	Breading on fish sticks	Macaroni
	Fruit and/or vegetable and/or juice (2 servings total)	1/4 cup total	1/2 cup total	3/4 cup total	Pears Pineapple	French Fries Peaches	Refried Beans Apple slices	Green Beans Mangoes	Carrots Applesauce
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup					
Snack (select 2)	Grains/Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup			Graham Crackers Peanut Butter Water	Puffcorn Juice	Ritz Bitz Snack Crackers Water
	Meat or Meat alternative	1/2 oz.	1/2 oz.	1 oz.	Cheex Mix Juice	E.L. Fudge Cookies Juice			

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Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk (in cereal) water	Milk	Milk (in cereal) water	Milk
	Juice, fruit, or vegetable	1/4 cup	1/2 cup	1/2 cup	Mangoes	Bananas	Pears	Fruit Cocktail	Mixed Fruit
	Grains/Breads	1/2 slices 1/4 cup or	1/2 slice 1/3 cup or	1 slice 3/4 cup or	Granola Bar	Cereal	Cereal Bar	Cereal	Poparts
	Dry Cereal	1/3 oz.	1/2 oz.	1 oz.					
Lunch	Meat or Meat alternative	1 oz.	1 1/2 oz.	2 oz.	Hamburger Helper (hamburger)	Sausage Links	Peanut Butter and Jelly Sandwich	Chicken Nuggets	Meat in Ravioli
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Pasta (in helper)	Pancakes with syrup	Bread	Breading on Nuggets	Ravioli with pasta sauce
	Fruit and/or vegetable and/or juice (2 servings total)	1/4 cup total	1/2 cup total	3/4 cup total	Peaches Green Beans	Pears Tater tots	Pineapple Peas	Mandarins French Fries	Applesauce Corn
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Juice, fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Pepperoni Crackers Water	String Cheese Fruit Snacks Water	Pudding Juice	Rice Krispie treats Juice	Goldfish Crackers Juice
	Meat or Meat alternative	1/2 oz.	1/2 oz.	1 oz.					

Center Name: Tipp City Preschool Learning Center

Type	Component	Minimum Serving							Week 1
		1 & 2 Years	3-5 Years	6-12 years					
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup	Monday	Tuesday	Wednesday	Thursday	Friday
	Juice, fruit, or vegetable	1/4 cup	1/2 cup	1/2 cup	Milk	Milk (in cereal)	Milk	Milk (in cereal) Water	Milk
	Grains/Breads	1/2 slice 1/4 cup or	1/2 slice 1/3 cup or	1 slice 3/4 cup or	Mandarins	Juice	peaches	Mangoes	Mixed Fruit
	Dry Cereal	1/3 oz.	1/2 oz.	1 oz.	Poptarts	Cereal	Granola Bar	Cereal	Cereal Bar
	Meat or Meat alternative	1 oz.	1 1/2 oz.	2 oz.	Ground Beef Marinara	Mini Corn Dogs	Chicken Pattie	Ground Beef with gravy	Pizza Buns sauce pepperoni cheese
Lunch	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Spaghetti	Breading on corn dog	Bun	Roll	Bun
	Fruit and/or vegetable and/or juice				Pineapples Peas	Bananas Carrots	French Fries Green Beans	Pears Mashed Potatoes	Apple Sauce Mixed Veggies
	(2 servings total)	1/4 cup total	1/2 cup total	3/4 cup total	Milk	Milk	Milk	Milk	Milk
	Milk, fluid	1/2 cup	3/4 cup	1 cup					
	Milk, fluid	1/2 cup	1/2 cup	1 cup					
Snack (select 2)	Juice, fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup	Cheese sticks	Water yogurt tubes	Chocolate chip cookie	Cheez-its	Sun chips
	Grains/Breads, Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Wheat Thins	Granola	Milk	Juice	Juice
	Meat or Meat alternative	1/2 oz.	1/2 oz.	1 oz.					