

**NORTHWEST NUTRITION SERVICE P.O. BOX 68365 MILWAUKIE, OREGON 97268**

(503) 653-7626 or 1-800-600-6058

**MASTER MENU/CYCLE SUBSTITUTION OR DAILY MENUS**

**PLEASE DO NOT SKIP COLUMNS**

PROVIDER NAME: \_\_\_\_\_ MENU MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

PATTERN:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
<b>Breakfast:</b> Milk							
Fruit or Vegetable							
Bread or Alternate							
<b>AM Snack:</b> 2 foods from 2 different food groups							
Milk, Meat, Bread, Fruit/Vegetable							
<b>Lunch:</b> Milk							
Meat or Alternate							
Fruit or Vegetable							
Fruit or Vegetable							
Bread or Alternate							
<b>PM Snack:</b> 2 foods from 2 different food groups							
Milk, Meat, Bread, Fruit/Vegetable							
<b>Dinner:</b> Milk							
Meat or Alternate							
Fruit or Vegetable							
Fruit or Vegetable							
Bread or Alternate							
<b>LS Snack:</b> 2 foods from 2 different food groups							
Milk, Meat, Bread, Fruit/Vegetable							

<u>Breakfast</u>			
Age	1-3 years	3-6 years	6-12 years
Milk	1/2 cup	3/4 cup	1 cup
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
Cereal	1/4 cup	1/3 cup	3/4 cup
Cooked Cereal	1/4 cup	1/4 cup	1/2 cup

<u>Snacks</u>			
Age	1-2 years	3-5 years	6-12 years
Milk	1/2 cup	1/2 cup	1 cup
Fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Bread	1/2 slice	1/2 slice	1 slice
Meat or Alternate	1/2 oz	1/2 oz	1 oz

<u>Lunch or Dinner</u>			
Age	1-3 years	3-6 years	6-12 years
Milk	1/2 cup	3/4 cup	1 cup
Fruit or Vegetable	1/4 cup	1/2 cup	3/4 cup
Bread	1/2 slice	1/2 slice	1 slice
Meat	1 oz	1-1/2 oz	2 oz
Egg	1	1	1
Yogurt	1/2 cup	3/4 cup	1 cup
Dry Bean or Dry Pea, cooked	1/4 cup	3/8 cup	1/2 cup
Peanut Butter	2 T	3 T	4 T