

Great New Beginnings Rotating Meal Menu

Mon.	Tue.	Wed.	Thu.	Fri.
Whole Grain Cereal*, Mandarin Oranges & Milk *Kix, Cheerios, Corn Chex, etc.	Strawberry Chex Mix & Mango Swirl Fruit Juice	French Toast Bites, Peaches & Milk	Muffin*, Pears & Milk *Corn, Blueberry, or Banana	Whole Grain Biscuit or Bagel w/ Sun Butter, Pineapples & Milk
Soft Pretzel, Cheese Cubes & Water	Chex Mix & Water	Whole Grain Rice Cakes & Water	Goldfish Crackers & Water	Crackers (All Sports/DinoBites) & Water

Snack Servings Key (Must include 2 components)	1 to 2 years	3 to 5 years	6 to 12 years
Milk	4 fluid oz. whole milk	4 fluid oz. 1% or skim milk	8 fluid oz. 1% or skim milk
Cheese/Meat/Meat Alternatives	½ oz.	½ oz.	1 oz.
Fruits/Vegetables	4 oz. of each	4 oz. of each	6 oz. of each
Whole Grain or Enriched Bread	½ oz. eq.	½ oz. eq.	1 oz. eq.

Breakfast Servings Key (Must include 3 components)	1 to 2 years	3 to 5 years	6 to 12 years
Milk	4 fluid oz. whole milk	6 fluid oz. 1% or skim milk	8 fluid oz. 1% or skim milk
Fruits/Vegetables	1/4 c.	1/2 c.	1/2 c.
Granola	1/8 c.	1/8 c.	1/4 c.
Whole Grain or Enriched Bread Product (Muffin, Biscuit or Roll)	1/2 serving	1/2 serving	1 serving
Whole Grain-rich, enriched or fortified breakfast cereal (dry, cold)	1/2 c.	1/2 c.	1 c.
Whole Grain or Enriched Bread	1/2 slice	1/2 slice	1 slice

*Snack only: Items *must be* from two (2) different ‘food component’ groups. If milk is selected as a snack component no juice is allowed. If no milk or juice is served, then water must be offered.
 Milk must be whole milk for children 12 through 23 months; 1% or fat free for children 2 years of age and older.

Breakfast PM Snack