Site: Teacher: **Age 1-3** Use BLUE INK. Write legibly. Menu for month/yr /

**LUNCH**

Must have all components. **\*F**- record temps just prior to serving. Record substitutions. Served menu must match posted menu. **22-23 version**

Temp. Temp. Temp. Temp. Temp.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FOOD COMPONENTS | MONDAY | **F\*** | TUESDAY | **F\*** | WEDNESDAY | **F\*** | THURSDAY | **F\*** | FRIDAY | **F\*** |
| Milk, fluid Meat/Alt FruitVeg Grain | 1/2 –3/4cup1-1.5 oz1/8-1/2 c1/8-1/2c 1/2 oz eq | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  |
| FOOD COMPONENTS | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |  |
| Milk, fluid | 1/2-3/4cup | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  |
| Meat/Alt | 1-1.5 oz |  |  |  |  |  |
| Fruit | 1/8-1/2 c |  |  |  |  |  |
| Veg | 1/8-1/2 c |  |  |  |  |  |
| Grain | 1/2 oz eq |  |  |  |  |  |
| FOOD COMPONENTS | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |  |
| Milk, fluid | 1/2-3/4cup | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  |
| Meat/Alt | 1-1.5 oz |  |  |  |  |  |
| Fruit | 1/8-1/2 c |  |  |  |  |  |
| Veg | 1/8-1/2 c |  |  |  |  |  |
| Grain | 1/2 oz eq |  |  |  |  |  |
| FOOD COMPONENTS | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |  |
| Milk, fluid | 1/2-3/4 cup | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  |
| Meat/Alt | 1-1.5 oz |  |  |  |  |  |
| Fruit | 1/8-1/2 c |  |  |  |  |  |
| Veg | 1/8-1/2c |  |  |  |  |  |
| Grain | 1/2 oz eq |  |  |  |  |  |
| FOOD COMPONENTS | MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |  |
| Milk, fluid | 1/2-3/4cup | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  | MILK Circle: **W FF or 1%** |  |
| Meat/Alt | 1-1.5 oz |  |  |  |  |  |
| Fruit | 1/8-1/2 c |  |  |  |  |  |
| Veg | 1/8-1/2c |  |  |  |  |  |
| Grain | 1/2 oz eq |  |  |  |  |  |

**Take attendance at point of service:** When the child has received a meal but the meal service is not yet complete. **Water will always be available and offered.**

**CHILDREN 3 YEARS OF AGE RECEIVE 3/4 C MILK, 1.5 OZ MEAT/ALT, 1/4-1/2 C FRUIT AND 1/4-1/2 C VEGETABLE**

8/21 **All 1 year olds receive whole milk** P:\head start files\USDA\All 2021-2022\EHS Learning Centers\menus