

Milestones Enrichment Center

Sample Menu

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Age 1-2	Age 3-5	Age 6-12							
BREAKFAST										
Fluid Milk ¹	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk		
Fruit OR vegetable	¼ cup	½ cup	½ cup	Pineapples	Strawberries	Pineapples	Pears	Bananas		
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Waffles	Variety of Muffins	Bagels with cream cheese	French Toast Sticks	Cheerios		
SNACK-Choose 2										
Fluid Milk ²	½ cup	½ cup	1 cup	Milk			Milk	Milk		
Fruit OR vegetable	½ cup	½ cup	¾ cup	Apple Slices	Bananas	Apple juice				
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup		Gold Fish	Corn Muffins	Granola Bars	Sun Chips		
Meat or meat alternate	½ oz	½ oz	1 oz	Cheese cubes						
LUNCH or SUPPER										
Fluid Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk		
Meat/poultry/fish OR	1 oz	1 ½ oz	2 oz	Chicken Alfredo	Grilled Chicken	Turkey meat w/ Spaghetti	Turkey wraps	Grilled Cheese Sandwiches		
Cheese OR	1 oz	1 ½ oz	2 oz							
Large egg OR	½	¾	One							
Peanut butter OR	2 tbsp	3 tbsp	4 tbsp							
Dried beans & peas OR	¼ cup	⅜ cup	½ cup							
Yogurt	½ cup	¾ cup	1 cup							
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup	½ cup	¾ cup	Broccoli	Mixed Vegetables	Mixed Green Salad	Carrots	Green Beans		
				Pears	Peaches	Pineapples	Apple Slices	Bananas		
Bread OR bread alternate, OR pasta OR rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup	Noodles	Rice	Noodles	Wrap	Wheat Bread		