

Breakfast: Cold Cereal, Fresh Fruit, and Milk **AM & PM Snacks:** Are served with water along with 1 Grain/Dairy & 1 Fruit/Vegetable **Lunch:** served with milk along with 1 Protein/Dairy, 1 Grain, 1 Fruit, 1 Vegetable

*Whole Milk Served Children under 2 and 1% Milk Served Children over 2 years. * All Vegetables are cooked for children under age of 2.