

MENU PATTERN

BREAKFAST

- 1 Fruit or 4 oz 100 % Fruit Juice
- 2 Starches (2 slices of any style Bread or Waffles or Pancakes or 1 cup Potato)
(1 Starch = ½ cup Cooked Cereal or ¾ cup Dry Cereal)
- (1 oz) Meat / Protein (Optional)
- (8 oz) Milk

LUNCH

- (3 - 4 oz) Meat / Protein
- 2 Starches (2 slices of any style Bread or 1 cup of any Potato or Rice or Pasta)
- 1 Vegetable (1 cup Raw Salad or ½ cup Cooked Vegetable)
- 1 Fruit or (4 oz) 100 % Fruit Juice

SNACK

- 1 Fruit or (4 oz) 100 % Fruit Juice (Optional)

DINNER

- (3 - 4 oz) Meat / Protein
- 2 Starches (2 slices of any style Bread or 1 cup of any Potato or Rice or Pasta)
- 2 Vegetables (2 cups Raw Salad or 1 cup Cooked Vegetable) or
(½ cup Cooked Vegetable and 1 cup Raw Salad)

Dessert (1/2 cup Dessert or 1 slice Cake / Pie or 2 Cookies) (Optional)
(Recommended)

BEDTIME SNACK

- (8 oz) Milk or Yogurt
- 1 Starch (3 – 4 Cookies or Crackers) (Optional)

Note: The above are Minimum Requirements for Planning a Menu

Meal planning should provide a minimum of 2 (3-4) servings Protein,
2 servings Dairy, 2 servings Fruit, 3 servings Vegetables and 6 servings
Breads / Cereals / Starches.