

Week of:

MCDJFS10

Meal	Component	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Juice/Fruit or Vegetable							
	Grains/Breads/Dry Cereal							
Snack	Two of the following: dairy, meat, or meat alternate, fruit or vegetable or grain							
Lunch	Meat or Meat Alternative							
	Fruit or Vegetable							
	Grains/Breads/Pasta/Noodles							
	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Snack	Two of the following: dairy, meat, or meat alternate, fruit or vegetable or grain							
Dinner	Meat or Meat Alternative							
	Fruit or Vegetable							
	Grains/Breads/Pasta/Noodles							
	Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Snack	Two of the following: dairy, meat, or meat alternate, fruit or vegetable or grain							