

SATURDAY Spring 21 YC	Minimum Serving Size Per Age		Spring 20 Week 1	Spring 20 Week 2	Spring 20 Week 3	Spring 20 Week 4	Spring Week 5
		6-18	Saturday	Saturday	Saturday	Saturday	Saturday
PM Snack							
Fruit		3/4 c	Fresh Fruit	Apple		Fruit	Fresh Fruit
Vegetable		3/4 c			Carrots & broccoli		
Meat/ Alternate		1 oz		Cheese	Cheese	Yogurt	
Bread/ Grain		1 serving = 1 oz equiv WGR	WGR Muffin	WGR soft pretzel	WGR crackers	Granola	WGR Bagel
Fluid Milk**		1 c	Milk				
Other					Creamy vegetable dip		Cream Cheese

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix.

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Approved by: _____

Signature Date: 12 JAN 2021

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Approved for use through: 31 DEC 2021