

# Dreamland's Menu

	A	B	C	D	E	F	G	H	I
3	Breakfast				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	Type-liquids	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	MILK	MILK	MILK	MILK	MILK
5	Fluid milk	1/2 cup	3/4 cup	1 cup					
6	Type-liquids	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years					
7	Vegetable,Fruitor Full-Strength (100%)Juice	1/4 cup	1/2 cup	1/2 cup	APPLES	BANANAS	ORANGES	STRAWBERRY	PEAR
8	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	QUESA-DILLA	EGGS WHEAT BREAD	FRENCH TOAST	BAGELS AND CREAM CHEESE	WAFLLS AND COTTAGE CHEESE
9	Bread	1/2 slice	1/2 slice	1 slice					
10	Or Rolls, Muffins, ect.	1/2 serving	1/2 serving	1 serving					
11	Or Cold Dry Cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.					
12									
13	Or Cooked Cereal, Pasta, Noodle Products, or Cereal Grains	1/4 cup	1/4 cup	1/2 cup					
14	Lunch or Supper								
15	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years					
16	Fluid Milk	1/2 cup	3/4 cup	1 cup	MILK	MILK	MILK	MILK	MILK
17	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	ORANGES CARROTS	APPLES	MIXED VEGETABLES	ORANGES	APPLES
18	Vegetable and/or Fruit (two or more kind)	1/4 cup total	1/2 cup total	3/4 cup total					
19	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	MAC & CHEESE	CHICKEN VEGETABLES	BAKED FISH AND POTATOES	ITALIAN PASTA WITH TURKEY	CHICKEN VEGETABLES SOUP BREAD
20	Bread	1/2 slice	1/2 slice	1 slice					
21	A	1/2 servings	1/2 serving	1 serving					
22	Or Cooked Cereal, Pasta, Noodle Products, or Cereal Grains	1/4 cup	1/4 cup	1/2 cup					
23	Snack								
24	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	WATER	WATER	WATER	WATER	WATER
25	Fluid	1/2 cup	1/2 cup	1 cup					
26	Type	Ages 1-2 years	Ages 3-5 years	Ages 6-12 years	BANNANA	ORANGES	CARROTS	APPLES	BANNANA
27	Vegetable, Fruit, or Full-Strength (100%) Juice	1/2 cup	1/2 cup	3/4 cup					
28	Type	Ages 1-2 years	Ages 3-5 years	ages 6-12 years	BLUEBBERY MUFFINS	WHOLE WHEAT THINS	WITH CELERY COTTAGE CHEESE	YOUGURT	CHEESE SLICES WITH CROISSANT
29	Bread	1/2 slice	1/2 slice	1 slice					
30	Or Rolls, Muffins, ect.	1/2 serving	1/2 serving	1 serving					
31	Or Cold Dry Cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.					
32	(Volume or weight, whichever is less)								
33	Or Cooked Cereal, Pasta, Noodle Products, or Cereal Grains	1/4 cup	1/4 cup	1/2 cup					
34	Or Cheese (natural or processed)	1/2 oz.	1/2 oz.	1 oz.					
35	Or Cottage Cheese, Cheese Food/Cheese Spread Substitute	1/8 cup or 1 oz.	1/8 cup or 1 oz.	1/4 cup or 2 oz.					
36	Or Egg (large)	1/2 egg	1/2 egg	1/2 egg					
37	Or Yogurt (plain or flavored, unsweetened or sweetened)	1/4 cup	1/4 cup	1/2 cup					

The menu maybe subject to change