

USDA MEAL PATTERN REQUIREMENTS FOR THE SUMMER FOOD SERVICE PROGRAM

(Use meal pattern for 6-12 YEAR OLD CHILDREN)

<u>FOOD COMPONENT</u>	<u>MINIMUM AMOUNT</u>
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BREAKFAST

Milk, fluid.....	1 cup
Fruit or Vegetable or 100% Juice.....	1/2 cup
Grains/Breads.....	1 slice or serving
including cold, dry cereal or.....	3/4 cup or 1 ounce
hot, cooked cereal or.....	1/2 cup
pancake, waffle, or French toast, or.....	1 serving
English muffin or.....	1 serving
Biscuit or muffin.....	1 serving

SNACK (Supplement) Select 2 out of the 4 components:

Milk, fluid.....	1 cup
Fruit or Vegetable or 100% Juice.....	3/4 cup
Meat or Meat Alternate.....	1 ounce
including yogurt.....	1/2 cup
Grains/Breads.....	1 slice or serving
crackers of.....	0.7 ounces
plain granola bar.....	1.8 ounces
grain and fruit bar.....	2.2 ounces

LUNCH or SUPPER

Milk, fluid.....	1 cup
Meat or Poultry or Fish or.....	2 ounces
egg or.....	1 large
cooked dry beans, peas or lentils or.....	1/2 cup
nuts or seeds* or.....	1 ounce = 1 oz equivalent
peanut butter of other nut butter or.....	4 Tablespoons
cottage cheese or.....	1/2 cup
yogurt.....	8 ounces or 1 cup
Fruits and/or Vegetables or 100% Juice** (2 or more to total).....	3/4 cup
Grains/Breads.....	1 slice or serving
or cooked pasta, noodles or rice.....	1/2 cup
corn tortillas, or taco shells or.....	1 serving
flour tortillas.....	1 serving

* Nuts and seeds can only be used to meet one-half of the meat/meat alternate requirements at lunch or supper

** Full-strength vegetable or fruit juice cannot meet more than one-half of this component

WHAT IS ONE SERVING? SUMMER FOOD SERVICE PROGRAM

Here are the serving sizes for some commonly used food items...



Grains/Breads - 1 serving equivalent	
bread, bagels, rolls or buns	25 grams or 0.9 oz.
cold, dry cereal	3/4 cup or 1 oz.
hot cooked cereal, pasta, rice, and noodles	1/2 cup cooked (or 25 grams dry)
pancake, waffle, and corn muffins	31 grams or 1.1 oz.
crackers, pretzels or hard breadsticks	20 grams or 0.7 oz.
tortillas (flour and corn), taco shells, graham/animal crackers and biscuits	25 grams or 0.9 oz.
plain granola bars, toaster pastries (unfrosted), and muffins (except corn)	50 grams or 1.8 oz.
grain & fruit bars and French toast	63 grams or 2.2 oz.
Meat/Meat Alternates - 2 oz meat equivalent	
cooked meat, poultry, or fish	2 oz.
cheese	2 oz.
cottage cheese	1/2 cup
egg	1 large
cooked dry beans, peas or lentils	1/2 cup
peanut butter or other nut butters	4 Tbl.
shelled nuts and seeds (may only be used to meet 1/2 the meat/meat alternate component at lunch or supper)	1 oz. = 1 oz equivalent
Yogurt	8 oz. Or 1 cup



NEW MEXICO Summer Food Service Program Non-Creditable and Non-Reimbursable Foods



Foods served, as part of the SFSP program, can be creditable or non-creditable. Some non-creditable foods may be served as an “extra or enhancement” to the SFSP meal. Serving additional creditable foods, once the meal pattern requirements have been fulfilled, is recommended.

Creditable

- Foods that meet the requirements for SFSP meal pattern components.
- Foods that are found in the USDA Food Buying Guide, Sections 1-4.
- Creditable food categories include: Fluid Milk, Grains/Breads (whole-grain or whole-grain rich or enriched), Fruits, Vegetables, and Meat/Meat Alternates.

Non-Creditable

Some foods are classified as “Other” or “Non-Creditable”. This means that they do NOT meet the USDA requirement for any component in the SFSP meal pattern for the food-based menu planning.

- “Other” foods are frequently used as condiments, seasonings, or enhancement to the meal. They are served and recorded as an “extra”.
- Purchasing information on “Other” foods can be found in Section 5 of the USDA Food Buying Guide.
- Keep in mind that many of these food items are high in salt, fat, or sugar and provide little nutrition and “empty calories.” Consider carefully how often and in what amount you use them. Some examples are: butter, mayonnaise, barbecue sauce, coconut, cream cheese, jam, jelly or preserves, honey, ketchup, salad dressings, and syrups.

Non-Reimbursable Expenses

This category of foods is non-reimbursable. These are foods that may NOT be served, even as an “extra”. If these items are purchased, their cost will not be considered an allowable food cost.

Non-Creditable Food List:

These foods may not be served to meet any part of the SFSP meal pattern requirement.

MEAT/MEAT ALTERNATES			
CHEESES -Cheese "product" -Imitation cheese of any kind -Powdered cheese -Cream cheese	MEATS/FISH -Bacon -Chorizo/Ceviche -Luncheon Meats/Frankfurters (chicken, turkey, beef, pork) not in USDA Food Buying Guide, or without CN label, or which contain byproducts, cereals, binders or extenders --Pepperoni/Salami without CN label -Smoked snack sticks w/ beef & chicken -Beef/Turkey/Salmon Jerky -Pork Rinds -Bologna containing byproducts, cereals, or extenders -Wild meats (if not USDA inspected)	YOGURT or YOGURT PRODUCTS -Homemade Yogurt -Yogurt covered fruit/nuts -Frozen Yogurt Products	EGGS -Pasteurized, dried, refrigerated or frozen, egg products that are not made from <u>whole</u> eggs NUTS and SEEDS -Acorns -Chestnuts -Coconut -Sweet nut butter spreads (Nutella)
VEGETABLES / FRUITS			
FRUITS -Fruit jams, preserves, & jellies -Fruit cobbler, pie filling, or pie -Fruit flavored frozen bars or Popsicles -Fruit Flavored Gummy Snacks -Fruit flavored or plain gelatin	-Fruit leather or roll-ups -Fruit syrups -Popsicles (fruit flavored yogurt or pudding pops)	JUICES -Any fruit beverage that is <u>not</u> 100% fruit juice such as: Lemonade, orangeade, fruit drinks, or beverages, cocktails, nectars, powdered drinks, sport drinks, energy drinks or vitamin drinks.	VEGETABLES -Hominy -Posole corn
GRAINS			
Food items with a superscript of 3 (cookies, dessert pies, cake, brownies) of Exhibit A Grains/Breads for the Food-Based Menu Planning are allowed only for <u>snack</u> . Food items with a superscript of 4 (fruit turnovers, doughnuts, sweet rolls, granola bars, grain fruit bars, coffee cake) of Exhibit A Grains/Breads for the Food-Based Menu Planning are allowed only for <u>snack and breakfast</u> . Serving <u>whole grain or whole-grain rich</u> grains instead of enriched is recommended. Serving cereals with 6 grams or less sugar per dry ounce is recommended.			
MILK			
The only item that is creditable toward the milk component is fluid, pasteurized milk. Evaporated or non-fat dry (powdered) milk, sour cream, cream cheese, eggnog, or cream are <u>not</u> creditable as milk, but may be used as "other" foods. Whole milk or 2% milk for children over the age of 2 years is not creditable. Unflavored Low-Fat (1%) or Non-Fat (Skim) milk is recommended.			
OTHER FOODS (USDA Food Buying Guide Section 5)			
Food Items in this category may <u>not</u> be used toward the meal pattern requirements.			
SNACK ITEMS			
Corn nuts, popcorn, potato chips, pudding (canned or packaged), candy, coffee, gum, soda, and tea may <u>not</u> be used toward the meal pattern requirements.			



Non-Reimbursable Food List:

If these items are purchased, their cost will not be considered an allowable food cost.

SNACK ITEMS				
Potato Chips	Popcorn*			
*Note: Some of these items may pose a choking risk to children				
MEAT/MEAT ALTERNATES				
Wild Game Meats (not USDA inspected)				
OTHER				
Candy	Coffee	Gum	Soda	Tea

Note: This list is designed to be used with the USDA Food Buying Guide for Child Nutrition Programs to determine the creditability of foods. It DOES NOT include every food that is non-creditable or non-reimbursable in the NM SFSP.

C

The USDA Child Nutrition Labeling Program

Common Questions**What is the Child Nutrition Labeling Program?**

The Child Nutrition (CN) Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs.

Does the CN Labeling Program apply to all food-based menu planning approaches?

The CN Labeling Program applies to both Traditional and Enhanced Food-Based Menu Planning approaches for schools. It also applies to meal patterns in the Child and Adult Care Food Program and Summer Food Service Program. This is because a CN label on a food product shows how the product contributes toward food-based meal pattern requirements.

CN Labeling does not apply to Nutrient Standard Menu Planning (NSMP) or Assisted NSMP because these menu planning approaches do not use meal patterns as planning tools. However, CN labeled products may be purchased for meals planned with NSMP or Assisted NSMP because they help define a product.

Who runs the program?

The CN Labeling Program is run by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) in cooperation with the following agencies:

- Food Safety and Inspection Service (FSIS);
- Agriculture Marketing Service (AMS); and
- National Marine Fisheries Service (NMFS).

The program is operated by FNS. Commercial food processing firms submit CN label applications to FNS for approval.

How does the program work?

The program requires an evaluation of a product's formulation by FNS to determine its contribution toward meal pattern requirements. Once approved, it allows manufacturers to state this contribution on their labels. The program provides Child Nutrition program operators a warranty against audit claims for CN labeled products if the product is used according to the manufacturers directions as printed on the approved CN label.

What products are eligible for CN labels?

- Main dish products which contribute to the Meat/Meat Alternates component of the meal pattern requirements. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.
- Juice and juice drink products containing at least 50 percent full-strength juice by volume. This includes such products as grape drink, fruit punch, frozen juice drink bars, and sherbet.

To carry CN labels, eligible products must:

- have the contribution of the food component(s) determined using yields in the USDA's *Food Buying Guide for Child Nutrition Programs*;
- have the product formulation and CN label approved by FNS; and
- be produced under inspection.

Are manufacturers required to CN label products?

There is no Federal requirement that anyone manufacture or purchase CN labeled products. Purchasing decisions are left to the local level. If a CN labeled product is desired, this must be clearly stated in purchasing specifications.

What are the advantages of using CN labeled products?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.
- A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.
- A CN label simplifies cost comparison of similar products.

Do CN labeled products cost more than non-CN labeled products?

CN labeled products may cost more. Special labeling requirements, inspection costs, and extra staff costs to monitor quality control may be contributing factors in CN labeled products costing more than a similar non-CN labeled product. Keep in mind that cost comparison between two meat products should be based on the cost per serving of the specified *contribution* to the meal pattern requirements, not on the *product* cost per ounce or pound.

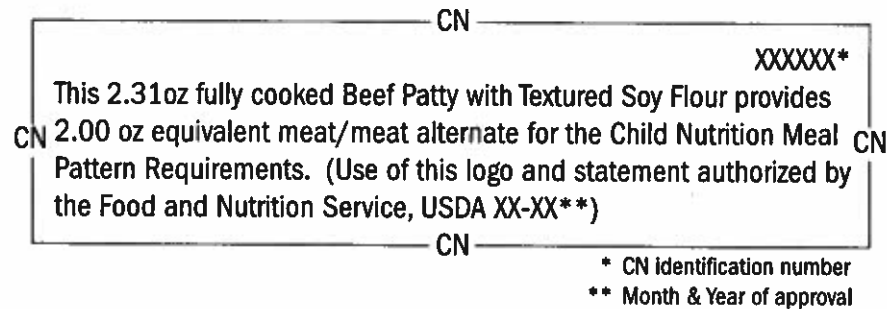
How do I identify a CN labeled product?

A CN labeled product will always contain the following:

- the CN logo, which is a distinct border;
- the meal pattern contribution statement;

- a unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo;
- the USDA/FNS authorization statement;
- the month and year of final FNS approval appearing at the end of the authorization statement;
- plus the remaining required label features: product name, inspection legend, ingredient statement, signature/address line, and net weight.

A sample CN logo:



Note: The X's in the sample CN logo are only used to demonstrate the placement of the CN identification number and the final date. If you receive a CN labeled product containing all X's (or other non-number symbols) or all zeroes as the CN identification number, that label is not a valid CN label. If a CN label is not valid, FNS cannot provide a warranty for its use towards meal pattern requirements.

Are CN labeled products more nutritious than similar non-CN labeled products?

No. A CN label does not indicate that the CN product is healthier or more nutritious than a similar non-CN labeled product. The CN credit statement declares the *quantities* of the creditable food item(s) in a processed food. The quantity of creditable food is used to meet the meal pattern requirements.

Are CN labeled products of a higher quality than non-CN labeled products?

No. While a CN labeled product is guaranteed to contain a certain quantity of food, it does not indicate that the quality of the food is any different than a non-CN labeled food. Neither does it mean the foods are safer to eat or free of pathogens or allergens.

For more information:

For additional information about the CN Labeling Program, contact:

U.S. Department of Agriculture
Food and Nutrition Service
Child Nutrition Division
3101 Park Center Drive – Room 632
Alexandria, Virginia 22302
Phone: (703) 305-2609

**Food Items
for Further
Processing**

The yield data for foods in sections 1 – 5 of this guide represent foods that are commonly purchased at the program level. Items presented in this section are intended to be used by industry for further processing. The yield information provided here may also be used in the CN Labeling Program. This information is being provided so that Child Nutrition Program operators are aware of the yields for food items that industry uses for determining the credit of foods for meal pattern requirements. Even though a program may never purchase these items directly, it is important for all programs to have information that will allow them to verify that the processed food items they purchase are credited in a manner consistent with program requirements.

Manufacturer's Product Analysis/Product Formulation

When CN labels are not available, a manufacturer's product analysis may be used. This analysis must be signed by an official of the food manufacturer (not the salesperson) and must also document the amount of meal component(s) provided by the product.

Product Analysis for Pizza - CN Approved

This product analysis form provides information to enable the purchaser to determine to what extent a meat product is purported to contribute to the Type A lunch requirements.

Product Name: Pizza with Beef Pattie Crumbles
Product Code: #63627*VPM
List Variety (ies) of Meat Used in Product: Ground Beef-domestic
Total Weight of Uncooked Product: 5.460 oz.
Total Weight of Uncooked Meat Topping: .88 oz.
Weight of Raw Meat: .602 oz.
Percent Fat of Raw Meat: not greater than 26%
(Weight of Dry VPP): .089 oz.
(Weight of Hydrated VPP): .258 oz.
(Weight of Raw Meat & Hydrated VPP): .86 oz.
Weight of Seasonings, etc.: .02 oz.
Total Weight of Precooked Product: 5.10 oz.
Weight of Prebaked Crust: 1.83 oz. = 2 bread servings
Weight of Sauce: .98 oz. = 1/8 cup vegetables
Weight of Precooked Meat (with VPP, etc.): .88 oz.
Weight of Natural Cheese: .705 oz.
Weight of Substitute Cheese: .705 oz.

I certify the above information is true and correct, and the above meat product (ready for serving) contains a total of 2.02 ounces (equivalent to 2.00 ounces) of cooked lean meat/meat alternate when prepared according to directions. I further certify the Textured Vegetable Protein Product (TVPP) used in this product conforms to USDA-FCS requirements of the child nutrition requirements.

Signature

Product Development Supervisor

Company

Date

Summer Food Deli

Meats & Meat Menu

Items

Chicken Patty
Chicken Roll
Chicken Salad
Egg Salad
Ham
Hamburger
Pork Roast
Roast Beef
Tuna Salad
Turkey Ham
Turkey Roll

Fruits & Vegetables

Apples
Applesauce
Avocados
Bananas
Bell Peppers
Carrot Curls
Celery Sticks
Cherries
Green Chile
Kiwi Fruit
Lettuce
Melons
Nectarines
Oranges
Peaches
Pears
Plums
Strawberries
Tomatoes

Cheeses & Meat Alternates

American Cheese
Cheddar Cheese
Cheese Pizza
Cheddar Jack Cheese
Colby Cheese
Cottage Cheese*
Eggs (Boiled)
Gouda Cheese
Jalapeño Jack Cheese
Monterey Jack Cheese
Mozzarella Cheese
Muenster Cheese
Peanut Butter
Provolone Cheese
Seeds and Nuts**
Swiss Cheese

* Twice as much is needed to meet requirements.

** Only 1 oz. can be used toward the 2 oz. requirement.

Salads

Carrot Raisin Salad
Cole Slaw
Green Bean Salad
Garden Salad
Pasta Salad w/vegetables
Potato Salad

Milk

1 or 2% Milk
Chocolate Milk
Fat-Free or Skim
Whole Milk

Grains & Breads

Bagel
Corn Bread
Crackers
Croissants
Dinner Rolls
Fry Bread
Garlic Bread
Hamburger Bun
Hoagie
Pasta
Pita Pockets
Rice
Rice Cakes
Rye Bread
Sour Dough Bread
Tortilla
Whole Wheat Bread



Ensure to select a meat and/or meat alternate, a grain or bread, 2 different fruits and/or vegetables and a ½ pint of milk and refer to the USDA 6-12 year old meal pattern hand-out for minimum serving sizes.

SAMPLE THREE WEEK CYCLE LUNCH MENU

(COLD AND HOT LUNCHES COMBINED)

MONDAY	Pizza "Tater": 1 baked potato 2 oz. cheddar cheese 1/4 c. tomato sauce 1 svg. garlic toast 1/2 pint milk	Macaroni & Cheese: 2 oz. cheddar cheese 1/4 c. celery sticks 1/2 c. apple 1/2 c. macaroni 1/2 pint milk	Fish Sticks: (CN label equiv. to 2 oz. meat) 1/4 c. cole slaw 1/2 c. baked beans 1 svg. hush puppies 1/2 pint milk
TUESDAY	Chef Salad: 1 oz. ham 1 oz. cheese cubes 1/2 c. carrots, tomato, cucumbers & lettuce 1/4 c. orange 1/2 svg. Saltines crackers 1/2 svg. croutons 1/2 pint milk	Sloppy Josephines: 2 oz. ground turkey or chicken 1/8 c. tomato sauce 1/4 c. zucchini/corn 1/2 c. fresh strawberries 1 svg. hamburger bun 1/2 pint milk	Tacos: 1 oz. cheese 1/4 c. pinto beans 1/4 c. lettuce & tomato 1/2 c. cantaloupe 1 svg. corn tortilla taco shells 1/2 pint milk
WEDNESDAY	Lasagna: 1 oz. ground beef 1 oz. mozzarella cheese 1/4 c. corn 1/2 c. pear 1/2 c. lasagna noodles 1/2 pint chocolate milk	Toasted Turkey & Cheese Sandwich: 1 oz. turkey (Fresh or CN labeled) 1 oz. cheese 1/4 c. sliced tomato 1/2 c. apple 2 slices whole wheat bread 1/2 pint chocolate milk	Baked Chicken Legs: 2 oz. chicken (without bone) vegetable rice salad: 1/2 c. rice 1/4 c. each: carrot, green peas and tomato 1/2 pint chocolate milk
THURSDAY	Mutton Stew: 2 oz. mutton 1/4 c. potatoes 1/4 c. green beans 1/4 c. apricots 1 svg. fry bread 1/2 pint milk	Tuna Pasta Salad: 2 oz. tuna 1/4 c. celery and carrot 1/2 c. honeydew melon 1/4 c. macaroni 1/2 svg. snack crackers 1/2 pint milk	Beans & Rice with Cheese: 1/4 c. pinto beans 1 oz. cheese 1/2 c. rice 1/4 c. corn 1/2 c. watermelon 1/2 pint milk
FRIDAY	Bean Burritos: 1/4 cup pinto beans 1 oz. cheddar cheese 1/2 c. lettuce & tomatoes 1/4 c. plums 1 svg. flour tortilla 1/2 pint milk	Soup and Sandwich: 1 oz. ham 1 oz. Swiss cheese 1 c. tomato soup 1/2 c. fruit compote 1 svg. whole wheat roll 1/2 pint milk	Sliced Turkey Sandwich: 2 oz. turkey (Fresh or CN labeled) 1/4 c. lettuce & tomato 1/2 c. kiwi 2 slices whole wheat bread 1/2 pint milk

SAMPLE THREE WEEK CYCLE

HEALTHY SCHOOL LUNCHES MENU

MONDAY	Nachos: 1/4 c. beans 1 oz. cheese Salsa* 1/2 c. green salad 1/4 c. honeydew melon 1 svg enriched tortilla rounds 1/2 pt. milk	Chicken Fajita: 2 oz. chicken strips 1/4 c. shredded lettuce 1/4 c. chopped tomato and green pepper 1/4 c. fresh fruit 1 svg. tortilla 1/2 pt. chocolate milk	Country Fried Steak: 2 oz. beef 1/2 c. whipped potatoes *Low fat gravy 1/4 c. cherry crisp 1 svg. corn muffin 1/2 pt. milk
TUESDAY	Hamburger on Bun: 2 oz. lean ground beef 1/8 c. lettuce pickle* ketchup* mustard* 1/2 c. oven fries 1 frozen juice bar (CN labeled) 1 svg. whole grain bun 1/2 pt. milk	Soup and Sandwich: 1 oz. beef 1/4 c. mixed vegetables 1 oz. ham 1 svg. hard roll 1/2 c. banana 1/2 pt. milk	Posole with Pork: 2 oz. pork 1/2 c. posole* 1/4 c. tossed salad 1/2 c. orange slices 1 svg. flour tortilla 1/2 pt. milk
WEDNESDAY	Green Chile Chicken Enchiladas: 1 oz. chicken 1 oz. cheese 1/4 c. carrot/celery sticks 1/4 cup green chile 1/4 cup lettuce & tomato 1 svg. corn tortillas 1/2 pt. milk	Chicken Nuggets: 1 svg. chicken nuggets (CN label equiv. to 2 oz. meat) Honey mustard sauce* 1/4 cup green beans 1/2 c. macaroni salad 1/2 c. apple 1/2 pt. milk	Navajo Taco on Pita Bread: 1 oz. ground turkey 1 oz. cheese 1/4 c. green chile 1/4 c. beans 1/4 c. pear wedges 1 svg. pita bread 1/2 pt. milk
THURSDAY	Spaghetti with Meat Balls: 2 oz. ground beef & turkey meat balls 1/4 c. tomato sauce 1/4 c. garden salad 1/4 c. kiwi 1/2 c. spaghetti 1/2 pt. milk	Burrito: 1-1/2 oz. ground beef 1/2 oz. cheese Salsa* 1/4 c. corn on the cob 1/2 c. watermelon 1 svg. flour tortilla 1/2 pt. milk	Stir Fry: 2 oz. chicken strips 1/4 c. broccoli, green pepper and carrots 1/2 c. apple and orange wedges 1/2 cup rice 1/2 pt. chocolate milk
FRIDAY	Western Style Baked Potato: 1 small to medium size potato 1/4 c. beans 1 oz. cheese 1/4 c. mild chile 1/2 c. green grapes 1 svg. zucchini bread 1/2 pt. milk	Baked Ham: 2 oz. ham 1/4 c. garden salad 1/4 c. sweet potatoes 1/4 c. pineapple tidbits 1 svg. dinner roll 1/2 pt. milk	Individual Pizzas: 1 oz. cheese 1 oz. hamburger meat 1/8 c. tomato sauce 1 svg. English Muffin 1/4 c. celery sticks 3/8 c. applesauce 1/2 pt. milk

* Not Creditable

SAMPLE TWO WEEK CYCLE

VEGETARIAN LUNCH MENU

MONDAY	Peanut Butter & Banana Sandwich: 2 Tbs. peanut butter 1/2 c. banana 1/4 c. raisins 1/2 hard cooked egg 1 svg. whole wheat bun 1 c. milk	Split Pea Soup: 1 c. cooked dry split peas 1/4 c. corn 1/2 c. plum 1 svg. corn bread 1 c. milk
TUESDAY	Garden Lentil Toss: 1/2 c. lentils 1/2 c. cauliflower, broccoli cucumber and carrot 1/4 c. nectarine 1/2 c. rice 1 c. chocolate milk	Cheese Pizza: 2 oz. mozzarella cheese 1/4 c. green pepper rings 1/2 c. peaches 1 svg. pizza crust 1 c. milk
WEDNESDAY	ATS Sandwich: 1/2 c. cottage cheese 1/2 c. avocado, tomato and sprouts 1/4 c. Pineapple tidbits 2 slices whole wheat bread 1 oz. pkg. sunflower seeds 1 c. milk	Breakfast for Lunch: 1 egg, scrambled 1/2 c. warmed applesauce 1/4 c. oven-baked potato 1 svg toast 1 c. milk
THURSDAY	Guacamole Tostada: 2 oz. cheddar cheese 1/4 c. avocado, lettuce & tomato 1/2 c. cantaloupe 1 svg. corn tortillas 1 c. milk	Pasta Salad: 2 oz. cheddar cheese 1/4 c. diced celery, green pepper and carrot 1/2 c. kiwi fruit 1/2 c. pasta 1 c. milk
FRIDAY	Egg and Salad: 1 large hard boiled egg vegetable rice salad: 1/2 c. brown rice 1/4 c. each: carrots, green peas and tomatoes 1 c. milk	Toasted Cheese Sandwich: 2 oz. Swiss cheese 1/4 c. sliced tomato 1/2 c. apple 2 slices rye bread 1 c. chocolate milk

