

Nathan's Place__

(circle appropriate meal)

Month: June 21-25 2021

Meal Pattern for Lunch/Supper <i>Must include all 5 components</i>	Date: 6/21/21 Chicken Rice	Date: 6/22/21 Chicken & Noodles	Date: 6/23/21 Hot Dog	Date: 6/24/21 Meatballs	Date: 6/25/21 Tuna Salad
Milk -minimum 1 cup or 8 oz	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk	8 oz 1% Milk
Fruit or Vegetable -serve at least 2 different varieties -total of fruits &/or vegetables must be at least ¼ cup.	½ C Mixed Veggies	½ C Carrots	½ C Corn	½ C Green Beans	½ C Carrot Sticks
	¼ C Pears	¼ C Peaches	¼ C Applesauce	¼ C Oranges	¼ C Pineapple
Grain/bread -minimum 1 slice or serving -dry cereal: ¾ cup or 1 oz - ½ cup cooked cereal or pasta	½ C Rice	½ C Pasta	1 Bun	1 piece Bread	8 Crackers
Meat/meat alternate -min. 2 oz meat or cheese -min. 1 egg -min. ½ cup cooked beans -min. 1 cup yogurt -min. 4 tbsp peanut butter*	2 oz Chicken	2 oz Chicken	1 All Beef Hot Dog	6 Meatballs	2 oz Tuna
Other Foods (extra items served – not required. Does not count as one of the 5 required components)					
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***Must serve an additional Meat/Meat alternate with peanut butter.**