

# Sample Menu Grid for Breakfast

Serve all three components

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MILK:</b> 1 cup (8 fl. oz.)							
<b>FRUITS AND VEGETABLES:</b> ½ cup or 4 fl. oz. of 100% juice							
<b>GRAINS/BREADS:</b> 1 serving (1 slice of bread; ¾ cup ready-to-eat breakfast cereal; ½ cup of cooked pasta or grain).*							
<b>OTHER:</b>							

\*Food item examples are not exhaustive; see USDA's [Summer Food Service Program for Children Nutrition Guide](#) for more information.