<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DATE</th>
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</thead>
<tbody>
<tr>
<td>Milk</td>
<td></td>
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<tr>
<td>Vegetable, fruit, or portions of both</td>
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<tr>
<td>Grain Indicate “WG” next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)</td>
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<tr>
<td>Other Foods</td>
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<table>
<thead>
<tr>
<th>SNACK AM Serve 2 of 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Meat/Meat Alternates</td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Grain</td>
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<td>Other Foods</td>
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<table>
<thead>
<tr>
<th>LUNCH</th>
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</thead>
<tbody>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Meat/Meat Alternates</td>
</tr>
<tr>
<td>Meat, poultry, or fish or tofu, soy product, or alternate protein products</td>
</tr>
<tr>
<td>Vegetable</td>
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<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Grain</td>
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<tr>
<td>Other Foods</td>
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**Note:** Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.

MO 580-1463 (10/19)
<table>
<thead>
<tr>
<th></th>
<th>Milk</th>
<th>Meat/Meat Alternates</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Grain</th>
<th>Other Foods</th>
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<tbody>
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