

Elders Title VI Menus

Week _____

Food Group	Servings per meal/portion size	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or Meat Alternate	1 serving (1 serving equals 2.5-3 oz meat, fish poultry; 2-eggs; 3 oz cheese; 1 1/2 cups cooked dried beans, peas, or lentils; 3 tbsp peanut butter= 1 oz meat, 3/4 cup cottage cheese; 1 1/2 cups tofu)					
Bread or Bread Alternate	2 servings (1serving equals 1 slice bread; 1/2 cup cooked pasta, rice or cereal; 1 cup cold cereal).	1.	1.	1.	1.	1.
		2.	2.	2.	2.	2.
Vegetable	2 servings (1 serving equals ½ cup cooked; 1 cup leafy; 3/4 cup 100% vegetable juice). An additional vegetable may be served in place of a fruit; 1 starchy, 1 non-starchy	1.	1.	1.	1.	1.
		2.	2.	2.	2.	2.
Fruit	1 serving (1 serving equals one small whole fruit; ½ cup chopped, cooked, or canned; 3/4 cup 100% fruit juice).					
Milk or Milk Alternate	1 serving (1 serving equals 1 cup fluid milk; 1 cup yogurt; 1 cup tofu processed with calcium salt; 1 1/2 oz. natural cheese, 2 oz. American cheese)					
Dessert	Serving size varies; dessert is optional					

