

ES Foods
Breakfast Breaks™ / Meal Breaks™
Ten Day Cycle Menus - Days 1-5

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)
F/V	100% Fruit Juice – 125mL (½ cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)	100% Fruit Juice – 125mL (½ cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)	100% Fruit Juice – 125mL (½ cup veg serving)
G/B	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)	Chocolate Chip Muffin, WG Blueberry Muffin or Corn Bread Mini Loaf (1 bread serving)	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)	Animal Cracker Snack – 1oz. (1 bread serving)	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)
Other	Snack (1 bread serving)	Snack (1 bread serving)	Snack (1 bread serving)	String Cheese – 1oz. (1 oz meat alternate)	Snack (1 bread serving)
Lunch or Supper: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)
M/MA	Tuna Salad (2 oz meat/meat alternate)	Turkey & Cheese Sandwich, White Wheat (2 oz meat/meat alternate, 2.5 bread servings)	Peanut Butter (1 oz meat/meat alternate) Soy Nuts (1 oz meat/meat alternate)	Beef & Cheese Stick (1.25 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	Turkey Ham & Cheese Sandwich, Bun (2 oz meat/meat alternate, 2 bread servings)
1st F/V	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving) OR Peach Cup (A416) –4.4oz. (½ cup veg serving)	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving) OR Peach Cup (A416) –4.4oz. (½ cup veg serving)
2nd F/V	Apple Sauce – 4oz. (½ cup veg serving)	Dry Soybeans, Roasted and Salted – 1.0oz. (¼ cup veg serving) OR Raisins (A504) –1.33oz. (¼ cup veg serving)	Fruit Snack – 0.63oz. (½ cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)	Raisins – 1.5oz. (¼ cup veg serving) OR Raisins (A504) –1.33oz. (¼ cup veg serving)
G/B	Crispy Toast – 11.38g (0.5 bread serving)	Cinnamon Graham Snack – 0.9oz. (1 bread serving)	Crispy Toast – 11.38g (0.5 bread serving)	Animal Cracker Snack – 0.9oz. (1 bread serving)	Cinnamon Graham Snack – 0.9oz. (1 bread serving)
Other	Cinnamon Graham Snack – 0.9oz. (1 bread serving)		Cinnamon Graham Snack – 0.9oz. (1 bread serving) Jelly Pack (1 oz.)		

*Select cereal choice from list attached.



ES Foods
Breakfast Breaks™ / Meal Breaks™
Ten Day Cycle Menus – Days 6-10

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 1 serving Grain/Bread. May add Meat/Meat Alternate					
	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)
F/V	100% Fruit Juice – 125mL (½ cup veg serving)	100% Fruit Juice – 125mL (½ cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)	100% Fruit Juice – 125mL (½ cup veg serving)	100% Fruit Juice – 125mL (½ cup veg serving)
G/B	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)	MVP Breakfast Bun Plus (2 bread servings)	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)	Enriched Cold Cereal – Gen Mills or Malt-O- Meal* (1 bread serving)
Other	Snack (1 bread serving)	Snack (1 bread serving)		Snack (1 bread serving)	Snack (1 bread serving)
Lunch or Supper: Minimum Meal Pattern- 8 oz. Fluid Milk, ¾ c. Total Serving Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)	Milk (8 fl.oz., ESE/sponsor provided)
M/MA	Turkey Stick & Cheddar Cheese Cup (2 oz meat/meat alternate)	Crustless PB&J Sandwich & String Cheese (2 oz meat/meat alternate, 1.25 bread servings)	Beef Stick (Pepperoni Flv) (1 oz meat/meat alternate) Soy Nuts (1 oz meat/meat alternate)	Chicken Salad (2 oz meat/meat alternate)	Turkey Bologna & Cheese Sandwich, White Wheat (2 oz meat/meat alternate, 2.5 bread servings)
1st F/V	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving) OR Peach Cup (A416) –4.4oz. (½ cup veg serving)	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	100% Fruit Juice non- apple–125mL (3/8 cup veg serving)	Fruit Snack – 0.63oz. (½ cup veg serving) OR Peach Cup (A416) –4.4oz. (½ cup veg serving)
2nd F/V	Apple Sauce – 4oz. (½ cup veg serving)	Raisins – 1.5oz. (¼ cup veg serving) OR Raisins (A504) –1.33oz. (¼ cup veg serving)	Fruit Snack – 0.63oz. (½ cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)	Dry Soybeans, Roasted and Salted – 1.0oz. (¼ cup veg serving) OR Raisins (A504) –1.33oz. (¼ cup veg serving)
G/B	Pretzel Goldfish Snack – 0.75oz. (1 bread serving)	Cinnamon Graham Snack – 0.9oz. (1 bread serving)	Cinnamon Graham Snack – 0.9oz. (1 bread serving)	Crispy Toast – 11.38g (0.5 bread serving)	Cinnamon Graham Snack – 0.9oz. (1 bread serving)
Other				Cinnamon Graham Snack – 0.9oz. (1 bread serving)	

*Select cereal choice from list atta