

Doña Ana County Head Start Program

Parent Input / Menu Planning / Required Daily Nutritional Allowance Portions

Food Exchanges

Breakfast / Almuerzo

- ¾ cup Milk / Leche
- ½ cup Vegetables and/or Fruit
Vegetales o Fruta
- ½ oz. Grains/Breads / Pan

Select 2 of the components shown. (For snack only)

If you select milk as one of the components,
you may not serve juice as the other component.

Lunch / Comida

- ¾ cup Milk / Leche
- ½ cup Vegetables and/or Fruit (2 or more)
Vegetales o Fruta (2 o mas)
- ½ oz. Grains/Breads / Pan
- 1 ½ oz. Meat and Meat Alternates
Carne / alternativos

Snack / Merienda

- ½ cup Milk / Leche
- ½ cup Vegetables and/or Fruit
Vegetales o Fruta
- ½ oz. Grains/Breads / Pan
- ½ oz. Meat and Meat Alternates
Carne / alternativos

Seleccione 2 de los componentes. (para la merienda)

Si sirve leche para uno de los componentes,
no debe servir jugo como el segundo componente.

Monday	Tuesday	Wednesday	Thursday
Breakfast/Almuerzo	Breakfast/Almuerzo	Breakfast/Almuerzo	Breakfast/Almuerzo
Lunch/Comida	Lunch/Comida	Lunch/Comida	Lunch/Comida
Snack/Merienda	Snack/Merienda	Snack/Merienda	Snack/Merienda

Nutrition Assistant will review suggestions.

Parent Signature / Firma de padre

Childs Name / Nombre de niños

Center / Centro

Date / Fecha