

# Claim Menu

Use for all children who are 1yr old or older

Provider Signature: \_\_\_\_\_  
 Provider ID Number: \_\_\_\_\_  
 Month: \_\_\_\_\_

Circle the kind(s) of milk served. If you do not have toddlers, you should not be circling the Whole. If you serve Milk at snack please list each kind you serve based on the appropriate age groups served.  
 Whole Grain Rich grains must be served for at least one meal or snack each day. Circle WG on the grain line when the grain for that snack is Whole Grain Rich

Calendar Date							
Day of Week (optional)							
<b>Breakfast (B)</b>							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Fruit/Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Meat/Meat Alt <sup>2</sup>							
<b>Morning (AM) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG
<b>Lunch (L)</b>							
Main Dish (Optional)							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Meat/Meat Alt.							
Vegetable							
Fruit or Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Optional							
<b>Afternoon (PM) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG
<b>Supper (S)</b>							
Main Dish (Optional)							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Meat/Meat Alt.							
Vegetable							
Fruit or Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Optional							
<b>Evening (E) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG
Calendar Date							
Day of Week (optional)							
<b>Breakfast (B)</b>							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Fruit/Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Meat/Meat Alt <sup>2</sup>							
<b>Morning (AM) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG
<b>Lunch (L)</b>							
Main Dish (Optional)							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Meat/Meat Alt.							
Vegetable							
Fruit or Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Optional							
<b>Afternoon (PM) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG
<b>Supper (S)</b>							
Main Dish (Optional)							
Milk <sup>1</sup>	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim	Whole / 1% / Skim
Meat/Meat Alt.							
Vegetable							
Fruit or Vegetable							
Grain <sup>3,4</sup>	WG	WG	WG	WG	WG	WG	WG
Optional							
<b>Evening (E) Snack</b>							
Choose 2 of 5							
Milk <sup>1</sup> /Fruit/Veg/Grain <sup>3,4</sup> /Meat	WG	WG	WG	WG	WG	WG	WG

<sup>1</sup>Skim or 1% milk must be used for children ages two and over (excludes flavored milk). Whole milk is required for 12 to 24 months, children ages 6 and older may be served Skim Flavored Milk.

<sup>2</sup>At Breakfast ONLY Meat or Meat Alternate may be served in place of the Grain component a maximum of 3 times per week.

<sup>3</sup>At least one serving of grains per day must be whole grain-rich. When serving whole grain-rich grains, indicate that on the menu by circling the WG in the Grain line.

<sup>4</sup>Whole grain-rich foods are those that contain 100% whole grains, or at least 50% whole grains and the remaining grains in the food are enriched.