

Helping Hands, Inc.

Breakfast Cycle Menus (3 food groups)

Food Groups	Ages 1-2	Ages 3-5	Ages 6-12	B1	B2	B3	B4	B5	B6	B7
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt* OR	½ oz	½ oz	1 oz					Yogurt		
Eggs OR	1	1	1			Egg			Egg/Cheese	
Peanut butter	1 Tbsp	1½ Tbsp	2 Tbsp							
Vegetable OR Fruit	¼ cup	½ cup	½ cup	Banana	Grapes	Orange	Pears	Strawberries	Banana	Strawberries
Bread/Grain Alt OR	½ slice	½ slice	1 slice	Whole Grain	Whole Grain		Whole Grain		Whole Wheat	French toast
Cereal	¼ cup	½ cup	¾ cup	Dry Cereal	Pancakes		Waffles		Bread	

	Ages 1-2	Ages 3-5	Ages 6-12	B8	B9	B10	B11	B12	B13	B14
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt* OR	½ oz	½ oz	1 oz							
Eggs OR	1	1	1					Egg		
Peanut butter	1 Tbsp	1½ Tbsp	2 Tbsp							
Vegetable OR Fruit	¼ cup	½ cup	½ cup	Grapefruit	Orange	Blueberries	Pineapple	Beans	Peaches	Applesauce
Bread/Grain Alt OR	½ slice	½ slice	1 slice	Whole Grain	Whole Wheat	Whole Grain		Whole Corn	Whole Grain	Whole Corn
Cereal	¼ cup	½ cup	¾ cup	Dry Cereal	Bread	Waffles	Oatmeal	Tortilla	Hot Cereal	Bread

	Ages 1-2	Ages 3-5	Ages 6-12	B15	B16	B17	B18	B19	B20	B21
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt* OR	½ oz	½ oz	1 oz		String Cheese		Ham & Cheese		Cheese	
Eggs OR	1	1	1					Egg		
Peanut butter	1 Tbsp	1½ Tbsp	2 Tbsp							
Vegetable OR Fruit	¼ cup	½ cup	½ cup	Cantaloupe	Peaches	Mixed Berries	Orange	Hashbrowns	Pineapple Chunks	Apples
Bread/Grain Alt OR	½ slice	½ slice	1 slice	Whole Grain	Whole Wheat	Whole Grain	Whole Corn		Whole Wheat	Whole Grain
Cereal	¼ cup	½ cup	¾ cup	Dry Cereal	Bread	Pancakes	Tortilla		Tortilla	Hot Cereal

*Meat/meat alt may be used to substitute the grain component up to three (3) times a week

Note: 1 year olds must be given whole milk. All other ages must be given 1% or skim.

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Lunch / Dinner Cycle Menus (5 food groups)

Food Groups	Ages 1-2	Ages 3-5	Ages 6-12	LD1	LD2	LD3	LD4	LD5	LD6	LD7
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	String Cheese	Chicken	Beef	Ham	Pork / Shimp	Ground Beef	Tuna & Cheese
Eggs OR	1	1	1		Cheese slice		Egg			
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp	Peanut Butter						
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup							
Vegetable	1/8 cup	¼ cup	½ cup	Carrots	Potatoes/Carrots	Broccoli	Peas & Carrots	Spinach/BokChoy	Celery sticks	Lettuce/Tomatoes
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Apple	Banana	Apple	Pineapple	Apple Slices	Banana	Blueberries
Bread/Grain Alt	½ serving	½ serving	1 serving	Bread*	Bread*	Noodles	Tortilla*	Rice	Ravioli	Bread*

	Ages 1-2	Ages 3-5	Ages 6-12	LD8	LD9	LD10	LD11	LD12	LD13	LD14
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	Roast Beef	Roast Turkey	Ham & Cheese	Ground Beef	Beef & Cheese	Pork	Lamb / Mutton
Eggs OR	1	1	1							
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup	Beans					Beans	
Vegetable	1/8 cup	¼ cup	½ cup	Avocado & Tomato	Potatoes & Peas	Tomatoe slices	Lettuce & Tomato	Carrots	Lettuce & Tomato	Chick Peas
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Cantaloupe	Mango	Green Salad	Orange	Apples	Pears	Mixed Vegetables
Bread/Grain Alt	½ serving	½ serving	1 serving	Tortilla*	Dinner Roll	Pita bread	Hamburger Bun	Pizza Crust	Tortilla/Tostada*	Dinner Roll

	Ages 1-2	Ages 3-5	Ages 6-12	LD15	LD16	LD17	LD18	LD19	LD20	LD21
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	Eggs	Meat Balls	Chicken	Flank Steak	Fish Sticks**	Chicken	Beef
Eggs OR	1	1	1							Cheese
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup	Beans						
Vegetable	1/8 cup	¼ cup	½ cup	Mix veggies	Celery Sticks	Lettuce,onions	Corn	Peas/Carrots	Lettuce/Corn	Peas/Okra
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Watermelon	Grapes	Tomatoes	Apple	Watermelon	Grapes	Spaghetti Sauce
Bread/Grain Alt	½ serving	½ serving	1 serving	Tortilla*	Brown Rice*	Tostada*	Bread*	Fish Breeding	Tortilla* & Rice	Spaghetti Noodles

*Whole Grain or Whole Grain Rich Product

Note: 1 year olds must be given whole milk. All other ages must be given 1% or skim

** CN Label require

Helping Hands, Inc.

Lunch / Dinner Cycle Menus (5 food groups)

Food Groups	Ages 1-2	Ages 3-5	Ages 6-12	LD22	LD23	LD24	LD25	LD26	LD27	LD28
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	Chicken	Tuna	Egg Salad	Liver	Feta Cheese	Cheese	Chicken
Eggs OR	1	1	1	Cheese	Cheese				Cottage Cheese	
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup					Lentils		Beans
Vegetable	1/8 cup	¼ cup	½ cup	Green Beans	Cauliflower	Carrots/Celery	Onions/Tomatoes	Tomatoes/Parsley	Carrots	Green Chili Sauce
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Mandarin Orange	Peaches	Banana	Watermelon	Plantain	Apple	Jicama
Bread/Grain Alt	½ serving	½ serving	1 serving	Noodles	Bread*	Pita Bread*	Bread*	Quinoa*	Bread*	Tortilla* & Rice

	Ages 1-2	Ages 3-5	Ages 6-12	LD29	LD30	LD31	LD32	LD33	LD34	LD35
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	Beef Frank	Chicken Nuggets**	Ham & Cheese	Beef Stew Meat	Turkey		Meatballs
Eggs OR	1	1	1							
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup					Lentils	Beans & Tofu	
Vegetable	1/8 cup	¼ cup	½ cup	Green Beans	Tomatoes	Lettuce & Tomato	Potatoes & Peas	Beet Salad/Carrots	Spinach	Butternut Squash
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Orange	Banana	Orange	Peaches	Mango	Grapes	Tangerines
Bread/Grain Alt	½ serving	½ serving	1 serving	Hot Dog Bun	Chicken Breeding	Tostadas/ Bread*	Dinner Rolls*	Brown Rice*	Quinoa*	Pita Bread*

	Ages 1-2	Ages 3-5	Ages 6-12	LD36	LD37	LD38	LD39	LD40	LD41	LD42
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alt	1 oz	1½ oz	2 oz	Beef/Kabob sticks	Beef Chunks	Chicken Chunks	Chicken/Turkey	Shrimp / Pork	Pork	Pork Loin
Eggs OR	1	1	1				Cheese			
Peanut butter OR	2 Tbsp	3 Tbsp	4 Tbsp							
Dried beans, peas OR Tofu	¼ cup	3/8 cup	½ cup							
Vegetable	1/8 cup	¼ cup	½ cup	Mixed Vegetables	Green Salad	Cucumbers Salad	Green Chillies	Cabbage	Bok Choy	Yams
Fruit OR Vegetable	1/8 cup	¼ cup	¼ cup	Cassava / Yucca	Orange	Cantaolupe	Pears	Persimmon	Kiwi	Green Beans
Bread/Grain Alt	½ serving	½ serving	1 serving	Rice	Egg Noodles	Rice	Tortilla*	Rice Wrap	Rice	Corn Bread*

*Whole Grain or Whole Grain Rich Product

Note: 1 year olds must be given whole milk. All other ages must be given 1

** CN Label required

Helping Hands, Inc.

Snack Cycle Menus (2 food groups)

Food Groups	Ages 1-2	Ages 3-5	Ages 6-12	S1	S2	S3	S4	S5	S6	S7
Milk	½ cup	½ cup	1 cup							
Meat/Meat Alt	½ oz	½ oz	1 oz	Yogurt	Cheese	Peanut Butter	Yogurt		Cheese	
Vegetable	½ cup	½ cup	¾ cup			Celery Sticks			Carrot Sticks	
Fruit or Juice	½ cup	½ cup	¾ cup		Apple Sticks	Raisins	Mixed Berries	Watermelon		Banana
Bread/Grain Alt	½ serving	½ serving	1 serving	Crackers				Crackers		Bread*

	Ages 1-2	Ages 3-5	Ages 6-12	S8	S9	S10	S11	S12	S13	S14
Milk	½ cup	½ cup	1 cup	Milk		Yogurt		Milk		Yogurt
Meat/Meat Alt	½ oz	½ oz	1 oz				Peanut Butter		Cheese	
Vegetable	½ cup	½ cup	¾ cup							
Fruit or Juice	½ cup	½ cup	¾ cup		Strawberries	Banana	Apple	Grapes		Fruit Salad
Bread/Grain Alt	½ serving	½ serving	1 serving	Dry Cereal*	Crackers				Crackers	

	Ages 1-2	Ages 3-5	Ages 6-12	S15	S16	S17	S18	S19	S20	S21
Milk	½ cup	½ cup	1 cup		Milk		Milk		Milk	
Meat/Meat Alt	½ oz	½ oz	1 oz	Cheese		Peanut Butter				
Vegetable	½ cup	½ cup	¾ cup					Jicama		Cucumber & Onion
Fruit or Juice	½ cup	½ cup	¾ cup					Banana		
Bread/Grain Alt	½ serving	½ serving	1 serving	Bread*	Rice	Crackers	Zucchini Bread		Dry Cereal*	Tostada Shell*

	Ages 1-2	Ages 3-5	Ages 6-12	S22	S23	S24	S25	S26	S27	S28
Milk	½ cup	½ cup	1 cup				Milk			
Meat/Meat Alt	½ oz	½ oz	1 oz	Egg	Cheese			Cheese	Hummus	Ham
Vegetable	½ cup	½ cup	¾ cup			Carrots			Carrot Sticks	Tomato & Cucumber
Fruit or Juice	½ cup	½ cup	¾ cup		Plantain	Apples		Zucchini		
Bread/Grain Alt	½ serving	½ serving	1 serving	Toast			Muffin			

*Whole Grain or Whole Grain Rich Product Note: 1 year olds must be given whole milk. All other ages must be given 1% or skim milk.

Helping Hands, Inc.

Snack Cycle Menus (2 food groups)

Food Groups	Ages 1-2	Ages 3-5	Ages 6-12	S29	S30	S31	S32	S33	S34	S35
Milk	½ cup	½ cup	1 cup				Cheese String			
Meat/Meat Alt	½ oz	½ oz	1 oz	Yogurt	Ham & Cheese			Beans	Ham	Yogurt
Vegetable	½ cup	½ cup	¾ cup			Carrots	Tomato			
Fruit or Juice	½ cup	½ cup	¾ cup		Strawberries					Mango
Bread/Grain Alt	½ serving	½ serving	1 serving	Dry Cereal*		Crackers		Tostada Shell*	Bread*	

	Ages 1-2	Ages 3-5	Ages 6-12	S36	S37	S38	S39	S40	S41	S42
Milk	½ cup	½ cup	1 cup			Milk				
Meat/Meat Alt	½ oz	½ oz	1 oz	Cheese	Turkey			Cheese		
Vegetable	½ cup	½ cup	¾ cup	Hummus						
Fruit or Juice	½ cup	½ cup	¾ cup				Strawberries		Apple	Apple Sauce
Bread/Grain Alt	½ serving	½ serving	1 serving	Crackers	Flat Bread	Banana Bread	Crepes	Bagel	Oatmeal	Crackers

	Ages 1-2	Ages 3-5	Ages 6-12	S43	S44	S45	S46	S47	S48	S49
Milk	½ cup	½ cup	1 cup	Milk	Milk					
Meat/Meat Alt	½ oz	½ oz	1 oz					Cheese	Tuna	
Vegetable	½ cup	½ cup	¾ cup				Stir Fry Vegetables	Cucumber	Celery	
Fruit or Juice	½ cup	½ cup	¾ cup			Strawberries				Kiwi
Bread/Grain Alt	½ serving	½ serving	1 serving	Crackers	Gingerbread	French Toast	Brown Rice		Crackers	Pretzels

	Ages 1-2	Ages 3-5	Ages 6-12	S50	S51	S52	S53	S54	S55	S56
Milk	½ cup	½ cup	1 cup							
Meat/Meat Alt	½ oz	½ oz	1 oz	Tuna	Chicken		Cheese	Cheese		Egg
Vegetable	½ cup	½ cup	¾ cup		Celery		Avocado & Tomato		Beans	Corn
Fruit or Juice	½ cup	½ cup	¾ cup	Apple		Banana				
Bread/Grain Alt	½ serving	½ serving	1 serving	Pita Bread	Tortilla*	Muffin	Wheat Bread	English Muffin	Tostada Shell*	Bread*

*Whole Grain or Whole Grain Rich Product Note: 1 year olds must be given whole milk. All other ages must be gi

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Infant Breakfast, Lunch & Dinner (3 components)

Food Groups	0-5 Months	6-12 Months	M 1	M 2	M 3	M 4	M 5	M 6	M 7
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-4 Tbsp	Banana	Applesauce	Squash	Pears	Peaches	Green Beans	Green Peas
Meat, whole egg, OR dry beans	0	0-4 Tbsp		Egg	Cooked dry beans	Chicken			
Dry Infant Cereal OR	0	0-4 Tbsp	Rice			Mixed grain			Oatmeal
Cheese* OR	0	0-2 ounces							
Cottage Cheese OR	0	0-8 Tbsp					Cottage Cheese		
Yogurt	0	0-1 cup						Yogurt	

Food Groups	0-5 Months	6-12 Months	M 8	M 9	M 10	M 11	M 12	M 13	M 14
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-4 Tbsp	Sweet Potatoes	Banana	Mixed Vegetables	Peaches	Mixed Fruit	Green Beans	Carrots
Meat, whole egg, OR dry beans	0	0-4 Tbsp		Beef		Turkey			Chicken
Dry Infant Cereal OR	0	0-4 Tbsp	Rice					Mixed Cereal	
Cheese* OR	0	0-2 ounces					Cheese		
Cottage Cheese OR	0	0-8 Tbsp	Cottage Cheese						
Yogurt	0	0-1 cup			Yogurt			Yogurt	

Food Groups	0-5 Months	6-12 Months	M 15	M 16	M 17	M 18	M 19	M 20	M 21
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-4 Tbsp	Applesauce	Squash	Banana	Carrots	Green Peas	Pears	Potatoes
Meat, whole egg, OR dry beans	0	0-4 Tbsp			Chicken		Beef		Egg
Dry Infant Cereal OR	0	0-4 Tbsp		Rice		Mixed Cereal			
Cheese* OR	0	0-2 ounces						Cheese	
Cottage Cheese OR	0	0-8 Tbsp	Cottage Cheese						
Yogurt	0	0-1 cup							

* No cheese product or cheese spread allowed

Infant Snacks (3 components)

Food Groups	0-5 Months	6-12 Months	I 1	I 2	I 3	I 4	I 5	I 6	I 7
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-2 Tbsp	Squash	Banana	Carrots	Applesauce	Green Beans	Mixed Fruit	Green Peas
Bread OR	0	0-½ slice			Bread			Bread	
Dry Infant Cereal, OR ready to eat cereal OR	0	0-4 Tbsp	Rice	Ready-to-eat cereal			Mixed Cereal		Oatmeal
Crackers	0	0-2 crackers				Crackers			

Food Groups	0-5 Months	6-12 Months	I 8	I 9	I 10	I 11	I 12	I 13	I 14
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-2 Tbsp	Applesauce	Squash	Banana	Applesauce	Green Beans	Mixed Fruit	Sweet Potatoes
Bread OR	0	0-½ slice		Bread					
Dry Infant Cereal, OR ready to eat cereal** OR	0	0-4 Tbsp	Rice		Rice	Mixed Cereal	Ready-to-eat cereal		Oatmeal
Crackers	0	0-2 crackers						Crackers	

Food Groups	0-5 Months	6-12 Months	I 15	I 16	I 17	I 18	I 19	I 20	I 21
Breast Milk OR Iron Fortified Formula	4-6 ounces	6-8 ounces	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula	Breast Milk OR Iron Fortified Formula
Vegetables or Fruits	0	0-2 Tbsp	Potatoes	Sweet Potatoes	Applesauce	Green Beans	Mixed Fruit	Green Beans	Pears
Bread OR	0	0-½ slice	Bread						
Dry Infant Cereal, OR ready to eat cereal** OR	0	0-4 Tbsp			Ready-to-eat cereal	Rice	Oatmeal		Ready-to-eat cereal
Crackers	0	0-2 crackers		Crackers				Crackers	

** Ready to eat Cereal must contain no more than 6 grams of sugar per dry ounce