

**Community Nutrition Resources**  
**PO Box 6755**  
**Apache Junction, Arizona 85278**  
**(480) 982-7788 or (866) 982-7788 (480) 982-7773 FAX**

Website [cnr.cfsites.org](http://cnr.cfsites.org)

"I certify that all information front and back is true and correct. I understand this information is being given in connection with receipt of federal funds; that the institution officials may verify this information; and that deliberate misrepresentations may subject me to prosecution under applicable State and Federal criminal statutes."

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Month: \_\_\_\_\_

Week of \_\_\_\_\_ (mo/day/yr) to \_\_\_\_\_ (mo/day/yr)

<b>Menu Requirements</b>	<b>Sunday Date:</b>	<b>Monday Date:</b>	<b>Tuesday Date:</b>	<b>Wednesday Date:</b>	<b>Thursday Date:</b>	<b>Friday Date:</b>	<b>Saturday Date</b>
<b>Breakfast</b>	Serve before 9:00 a.m.						
Fluid Milk							
Fruit or Vegetable or Juice							
Bread and/or Grain							
<b>AM Snack</b>	Choose 2 of these groups – 1. Milk 2. Meat/Meat Alternate 3. Fruit or Vegetable 4. Bread or Grain						
	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
<b>Lunch</b>	Serve between 11:00 a.m. – 1:00 p.m.						
Fluid Milk							
Meat or Meat Alternate							
Fruit or vegetable							
Fruit or Vegetable							
Bread and/or Grain							
<b>PM Snack</b>	Choose 2 of these groups – 1. Milk 2. Meat/Meat Alternate 3. Fruit or Vegetable 4. Bread or Grain						
	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
<b>Supper</b>	Serve after 5:00 p.m.						
Fluid Milk							
Meat or Meat Alternate							
Fruit or vegetable							
Fruit or Vegetable							
Bread and/or Grain							
<b>Evening Snack</b>	Choose 2 of these groups – 1. Milk 2. Meat/Meat Alternate 3. Fruit or Vegetable 4. Bread or Grain						
	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.

All Juice must be 100% Fruit Juice. Whole Fruit should be served more often than juice. Water is to be offered throughout the day.  
Milk: Ages 1-2 whole milk, 2 years of age and older 1% or less. Homemade items must be made from scratch.

This institution is an equal opportunity provider and employer.