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**MINIMUM SERVING SIZES:**
- Milk or Fruit Juice 1/2 cup
- Veggies or Fruits 1/4 cup
- Cereal 1/4 cup
- Pasta or Noodles 1/4 cup
- Cheese 1 oz
- Eggs 1 egg
- Beans or Peas 1/4 cup
- Yogurt 1/4 cup

**MINIMUM SERVING SIZES:**

***Menu is subject to change without notice***