

DAYTON PUBLIC SCHOOLS
NUTRITION SERVICES DEPARTMENT

MEAL PATTERN

BREAKFAST

_____ Bread Exchange(s)
_____ Meat Exchange(s)
_____ Fruit Exchange(s)
_____ Milk Exchange(s) 2%
_____ Fat Exchange(s)

LUNCH

_____ Bread Exchange(s)
_____ Meat Exchange(s)
_____ Vegetable Exchange(s)
_____ Fruit Exchange(s)
_____ Milk Exchange(s) 2%
_____ Fat Exchange(s)

10:00 a.m.

_____ Bread Exchange(s)
_____ Fruit Exchange(s)
_____ Milk Exchange(s) 2%

Student Name: _____

School: _____ **Room No.** _____

Attachment D

Revised July 14, 2006

U:\BETSY\Betsy\Forms\Special Diets\mealpattern.doc