

Menu Planning In 12 Easy Steps

If you are a day-care provider, you know that serving a variety of nutritious meals and snacks that children like is a constant challenge. This booklet is intended to help with all three parts of the challenge: ensuring adequate nutrition, providing variety, and serving foods children like. Here's how to use this booklet:

1 Start with the Menu Planning Form for Fall/Winter Cycle Week 1. Use this form and the ones following it to plan meals and snacks. Begin by planning lunches. Choose main dishes by starting with Meat/alternate on the Menu Planning Form. Note that a beef patty is suggested for Monday, sliced turkey for Tuesday, peanut butter for Wednesday, fish for Thursday, and cheese for Friday. If you know that your children dislike one of these meats, you can use the Meat and Meat Alternates Suggestions page to help you make changes. Don't repeat a meat in a week. For example, don't swap a beef patty for the liver on Thursday since a beef patty is to be served on Monday.

You'll notice that the forms suggest a meat or meat alternate for each day. On the next line, in the row for Type/kind, choose from the Meat and Meat Alternates Suggestions. For example, under beef patty for Monday, you might choose any of the four suggestions under Patties on page 3. Or you might make up your own dish using beef patties. Write your selection for each day in the Type/kind row.

2 Use the Meat and Meat Alternates Suggestions to choose main dishes. (You may want to add to the lists.) Many main dishes are listed on the page to help you plan different types of lunches. For example, offer soup and sandwich, casserole and vegetables, or burgers and fries. Try not to repeat the same main dish in the three-week cycle.

3 Select vegetables from the Vegetable Suggestions. You must choose at least two vegetables or one vegetable and a fruit at lunch time.

- You don't have to serve cooked vegetables at every lunch. For example, with a sandwich meal you may want to serve raw vegetable sticks or a salad.
- Select three colors that look good together on the plate.
- Don't avoid serving a vegetable because you think a child won't like it. Even if a child only looks at it, feels it, or smells it, the child has taken the first step in learning to like it.

4 Select a fruit from the Fruit Suggestions if you are serving only one vegetable or if you serve fruit as a dessert. Serve fresh fruit as often as your budget allows.

5 Check for repetition of fruits and vegetables. Try not to repeat the same foods for at least two days. For example, if an apple is selected for Monday, don't offer applesauce or apple juice before Wednesday.

6 Choose a bread or bread alternate such as rice, pasta, or stuffing from the Bread and Bread Alternates Suggestions.

7 Choose a milk. To promote the habit of drinking lower fat milk (skim, 1/2%, 1%, or 2%) early in life, start offering lower fat milk at age two.

8 Occasionally such foods as sugar, jelly, and margarine can be included. They help satisfy children's appetites and can help meet children's need for calories. And desserts, if wisely chosen, can add nutrition to meals. For example, pudding made from milk furnishes calcium along with other nutrients.

9 Use the Menu Check to see if you included a good source of vitamin C and iron at lunch. If not, offer good sources for breakfast or snack. Offering an iron-fortified cereal is an excellent way to provide iron in the diet. Serving a food high in vitamin C along with the cereal will help the child absorb the iron in the cereal.

10 Plan snacks for the week. Look at the Meal and Snack Patterns for Children Ages 1 to 12 Years. Snacks should consist of at least two of the following:

- Meat or meat alternate
- Juice or fruit or vegetable
- Bread or bread alternate
- Milk

Use Meat and Meat Alternates, Vegetable, Fruit, Bread and Bread Alternates, and Milk Suggestions to make selections.

- Cookies, granola bars, doughnuts, sweet rolls, and similar foods are allowed as bread items for breakfasts and snacks only. However, they should not be served as a snack more than twice a week.
- Snack-time is a good time to try new vegetables and fruits. They can be served with dips.
- Sometimes plan for snacks that the children can prepare in the classroom as part of a learning activity. Coordinate with teachers.

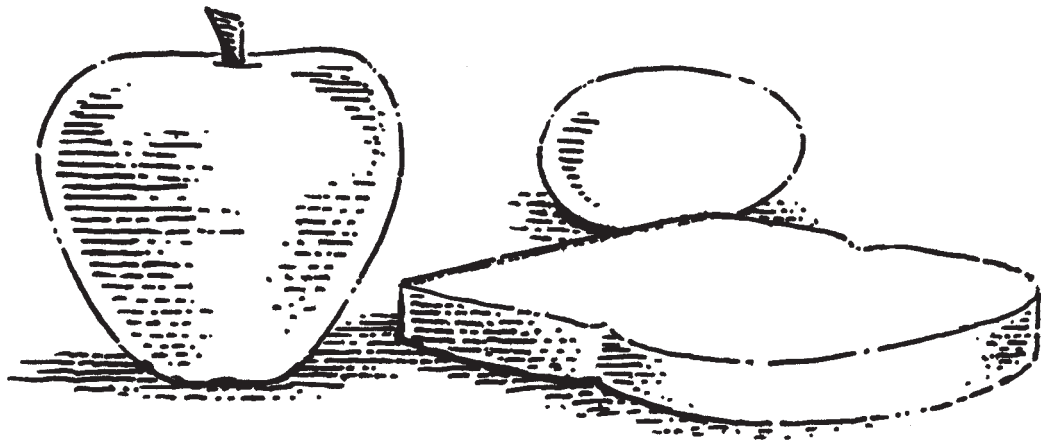
11 Follow the breakfast pattern instead of the snack pattern for the morning feeding if most of your children don't eat breakfast before arriving. Use Meat and Meat Alternates, Vegetable, Fruit, Bread and Bread Alternates Suggestions to make selections that will be served with milk.

- You don't always have to serve hot dishes like scrambled eggs, bacon, and grits for breakfast. In fact, serving a meat (bacon does not count as a meat) or meat alternate (egg) is optional.
- Cereals are found on the Bread and Bread Alternates page. Choose a cereal that contains 6 grams or less of "sucrose and other sugars" and are high in iron.

12 Use the Menu Check to make sure that you have included good sources of nutrients and enough variety to be appealing to children.

Meal and Snack Patterns for Children Ages 1 to 12 Years

	Children 1 to 2 years	Children 3 to 5 years	Children 6 to 12 years
Breakfast			
Milk	½ cup	¾ cup	1 cup
Juice or fruit or vegetable	¼ cup	½ cup	½ cup
Enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cold cereal or	¼ cup	⅓ cup	¾ cup
Hot cereal	¼ cup	¼ cup	½ cup
Midmorning or Midafternoon Snack (Select 2 of these 4)			
Milk	½ cup	½ cup	1 cup
Meat or meat alternate	½ oz.	½ oz.	1 oz.
Juice or fruit or vegetable	½ cup	½ cup	¾ cup
Enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cold cereal or	¼ cup	⅓ cup	¾ cup
Hot cereal	¼ cup	¼ cup	½ cup
Lunch or Supper			
Milk	½ cup	¾ cup	1 cup
Meat or meat alternate			
Cooked meat, poultry, or fish (lean meat without bone)	1 oz.	1½ oz.	2 oz.
Cheese	1 oz.	1½ oz.	2 oz.
Egg	1	1	1
Cooked dry beans and peas	¼ cup	⅜ cup	½ cup
Peanut butter or other nuts or seeds	2 tbsp. ½ oz.	3 tbsp. ¾ oz.	4 tbsp. 1 oz.
Vegetables and/or fruit (two or more)	¼ cup	½ cup	¾ cup
Bread or bread alternate			
Enriched or whole grain	½ slice	½ slice	1 slice



Meat and Meat Alternates

Usually the main dish choice controls the cost of meals. Varying your selections will prevent repetition and will add to the appeal.

Points To Remember:

- Main dishes should be easy for children to chew.
- Meats and meat alternates with the most iron are listed on the Menu Check page.
- Canned or frozen main dishes you buy in the store contain very little meat. Only home-cooked versions* or products with Child Nutrition labels,** which are available through wholesale grocers, should be served.
- Lunch meats high in fat like hot dogs and bologna, though they contain less protein and iron than lean meats, can be offered sometimes. Buy only those labeled "all meat."
- Pea and bean soups are the only canned soups that contain enough protein to count as meat.
- Hot main dishes are not necessary every day of the week. Serve different combinations.
- Cubes of meat, little sandwiches, peanut butter or cheese crackers, and cheese toast are favorite snacks.
- Yogurt counts as a meat at snack time only.
- Meat does not have to be served at breakfast. Egg is considered a meat alternate, but bacon contains so little protein it does not count as meat.

Meat and Meat Alternates Suggestions

Beef

Cubes

- Beef tips over rice
- Beef stew*

Ground

- Ground beef and macaroni*
- Beef-noodle casserole
- Spaghetti with meat sauce*
- Meat balls with spaghetti*
- Sloppy Joes
- Meat loaf
- Lasagna*
- Pizza with beef toppings**
- Chili con carne without beans*
- Nachos with ground beef
- Tacos with ground beef

Patties

- Ground beef patty
- Pizzaburger on roll
- Hamburger on bun
- Salisbury steak*

Cheese

- Cheese toast
- Grilled cheese sandwich
- Macaroni and cheese**
- Pizza**
- Cheese sandwich
- Cheese and crackers

Chicken/Turkey

Diced

- Creamed chicken or turkey over rice
- Chicken or turkey pot pie*
- Chicken or turkey soup*
- Chicken or turkey spaghetti

Pieces

- Baked chicken
- Barbecued chicken
- Chicken fingers & nuggets**
- Chicken on noodles or rice casserole
- Fried chicken
- Oven-fried chicken

Sliced

- Chicken or turkey with dressing
- Chicken or turkey sandwich

Ground

- (See Beef, Ground)

Dried beans and peas

- Baked beans
- White beans cooked with ham
- Chili con carne with beans
- Red beans and rice
- Black-eyed peas
- Bean soup

Eggs

- Baked in bread cup
- Hard cooked
- Deviled egg
- Egg salad sandwich
- Scrambled

Fish

Flaked

- Tuna-noodle casserole
- Salmon patties
- Tuna salad sandwich

Pieces

- Baked fish fillets
- Fish sticks**
- Fried fish fillets

Liver

- Baked
- Fried
- With rice and gravy
- Rice dressing with liver and giblets
- With spaghetti sauce

Peanut butter

- Sandwich with apple, banana, peach, or jelly
- Peanut butter on crackers

Pork

Chops

- Barbecued pork chops
- Pork chops with dressing
- Baked pork chops over rice
- Oven-fried pork chops

Diced

- Red beans and rice with ham

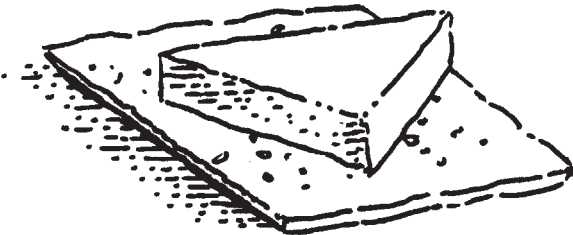
Sliced

- Baked pork or ham
- Barbecued pork sandwich
- Ham sandwich
- Luncheon meat and frankfurters***

*Home-cooked

**Use products with child nutrition labels

***Use products listed "all meat"



Vegetables

Brighten meals by including colorful vegetable dishes, both cooked and raw. Vary the shape and the way they are prepared or seasoned.

Points To Remember:

- Cooked vegetables high in fiber include beans, peas, corn, and baked potato with skin.
- Vegetables high in iron and in vitamins A and C are listed on the Menu Check page.
- Don't serve fried vegetables if the main dish is high in fat.
- Reconstituted canned soups contain ¼ cup of vegetables in a one-cup serving. Homemade soups must also contain ¼ cup of vegetables to be counted as a vegetable.
- Cooked vegetables are not necessary at every meal.
- Raw vegetables that are easy for children to chew are popular at lunch and even snack time, especially when a dip or dressing is offered on the side. They like to do their own dipping.
- Raw vegetables which are harder to chew and may cause choking, like carrot or celery sticks, should be offered only to children age four and older.
- Snack time is a good time to introduce new vegetables to children.

Vegetable Suggestions

Green vegetables

- Spinach
 - Plain
 - With bacon bits
- Broccoli
 - Plain, cooked or raw
 - With cheese sauce
 - With lemon butter
- Asparagus
 - Plain
 - With lemon butter
- Greens (collard, turnip, and mustard)
 - Plain
- Brussels sprouts
 - With lemon juice and Parmesan cheese
- Beans, green
 - Plain
 - French style
 - Casserole
 - Southern style
 - Three bean salad
- Beans, lima
 - Plain
 - Succotash (with corn)
- Cabbage
 - Plain
 - Slaw
- Lettuce
 - Tossed salad
- Okra
 - Boiled
 - Fried
- Peas, green
 - Plain
 - With carrots
- Zucchini
 - Plain, cooked or raw
 - Fried

Yellow vegetables

- Corn
 - Plain, on or off cob
 - Sprinkled with bacon bits
 - Succotash (with lima beans)
 - Sauteed with tomatoes
- Yellow squash
 - Plain, cooked or raw
 - Sliced and baked with butter, oregano, and Parmesan cheese
 - Fried

White vegetables

- Cauliflower
 - Plain, raw
 - With cheese sauce
- Potatoes
 - Plain
 - Au gratin (baked in cheese sauce, topped)
 - Baked
 - Cottage fried (sliced, then fried)
 - French fried
 - Mashed or creamed
 - Oven fried
 - Patties (mashed, shaped into patties, and cooked)
 - Hash browns
 - Salad
 - Scalloped with cream sauce
 - Stuffed, baked
- Navy beans
 - Plain

Red vegetables

- Tomatoes
 - Sliced
 - Breaded and baked or fried
 - Paste, puree, sauce
- Kidney beans
 - Plain or with rice
- Beets
 - Plain
 - Glazed with orange sauce

Orange vegetables

- Carrots
 - Plain, cooked or raw
 - With peas
 - Glazed with orange sauce
 - Savory (cooked in broth, with lemon juice)
 - Carrot and raisin salad
- Sweet potatoes
 - Plain, baked, or candied
- Acorn and butternut squash
 - Baked with butter and cinnamon

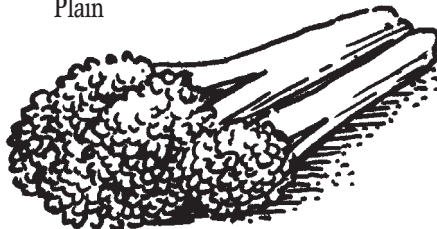
Brown vegetables

- Pinto beans
- Black-eyed peas
 - Plain
 - Hoppin' John

Vegetable soup

Vegetable juices

- Tomato
- V-8



Fruit

Fruits with their vivid colors and sweet taste are favorites with children. After all, they are nature's sweets. Take advantage of their appeal and offer them often.

Points To Remember:

- Canned fruits packed in fruit juice, water, or a light syrup not only contain less sugar than those canned in heavy syrup but are also easier for children to cut. (They don't slide away as easily.)
- Fresh fruits should be served as the season permits.

Fresh fruits by the season include:

Fall—apples, oranges, pears, grapes

Winter—apples, bananas, pears, tangerines

Spring—strawberries

Summer—melons, peaches, pears, plums

- Fresh fruits high in fiber include those with edible skins—for example, apples, pears, nectarines, and peaches; and those with edible seeds such as berries and bananas.
- Fruits high in iron and vitamins A and C are listed on the Menu Check page.
- Congealed fruit salads must contain at least 1/8 cup fruit or juice per serving to count for a part of the fruit/vegetable component.
- Fruits are low in fat. Serve instead of higher fat desserts.
- Snack-time is a good time to introduce new fruits to children.
- Raisins in amounts less than 1/8 cup are considered garnish or seasoning. And if only 1/8 cup is served, an additional fruit or vegetable should be served.
- Grapes, raisins, and edible skins on fruit can cause choking in toddlers. Use caution in serving.

Fruit Suggestions

Red fruits

Apples
Cherries
Cranberries
Grapes
Nectarines
Plums
Raspberries
Strawberries
Watermelon
Congealed fruit salad, made with red gelatin
Blushing pear salad (pear sprinkled with red gelatin)

Yellow fruits

Apples
Grapefruit
Pineapple
Pineapple ring with shredded cheese
Congealed fruit salad made with lemon gelatin

Orange fruits

Apricots
Cantaloupe
Kumquats
Oranges
Peaches
Tangelos
Tangerines

Green fruits

Apples
Grapes
Honeydew melon
Kiwi
Congealed fruit salad, made with lime gelatin

White fruits

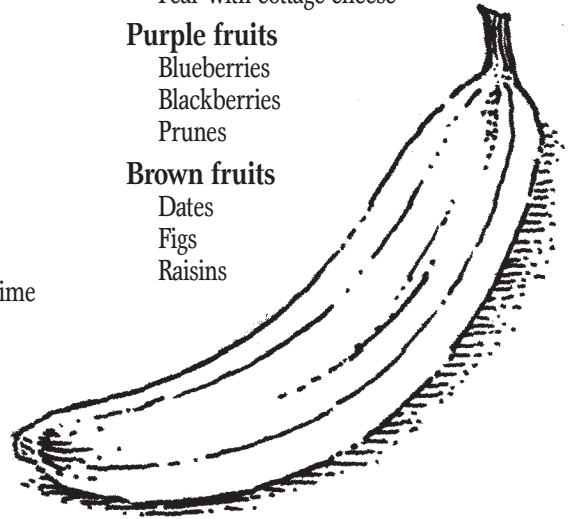
Apple sauce
Bananas
Pears
Pear with cottage cheese

Purple fruits

Blueberries
Blackberries
Prunes

Brown fruits

Dates
Figs
Raisins



Fruit Juices

There are so many juices to choose from that there is no need to serve the same juice throughout the week.

Points To Remember:

- Select a juice that is 100% pure and, if possible, fortified with vitamin C. Though juice drinks with at least 50 percent full-strength juice are allowed, they are discouraged, because you have to serve twice as much to meet program requirements.
- Limit the amount of juice you serve by offering a child a cup of water when he asks for more. Even a pure fruit juice contains as much sugar as a soft drink.

Juice Suggestions

Apple	Orange
Grape	Pineapple
Grapefruit	Pineapple-orange
Grapefruit-orange	Prune

Appropriate blends or combinations of the above juices.

Bread and Bread Alternates

Variety is the spice of life. Grain products add variety and interest to meals. Serve breads for sandwiches and toast; serve hot breads made from a variety of whole-grain or enriched flour. Vary side dishes so different grains are included during the week.

Points To Remember:

- Grains may be part of the main dish or served as a side dish.
- Breads and bread alternates must be whole-grain or enriched.
- Enriched crackers may be served at snack-time if you can be sure you are serving portions that equal a half slice of bread.
- Breakfast cereals should contain 6 grams or less of "sucrose and other sugars." Read labels.
- Pop tarts, coffee cake, and doughnuts can be counted as a bread alternate for breakfast and snack-time only.
- Rice and bread used in rice pudding can both be counted as a bread alternate at snack-time only.
- Grain products that do not count as a bread alternate include cakes/cupcakes, chips (potato, corn etc.), gingerbread, popcorn, and potato and pretzel sticks.
- Enriched cookies, brownies, and granola bars can be counted as a bread alternate at snack-time only. It is recommended that you not serve them more than twice a week.
- The recommended daily iron allowance for children ages 1 to 10 is 10 milligrams. Select cereal accordingly. Remember that the minimum portion size of cereal for children ages 1 to 2 years is ¼ cup; for children 3 to 5 years ⅓ cup; and for children 6 to 12 years, ¾ cup.
- Select cereals that contain 6 grams or less of "sucrose and other sugars" in a one-ounce serving.

Bread and Bread Alternates Suggestions

Bagels
Biscuits
Breads, sliced (all types)
Buns
Cornbread
Croissants
Popovers
Muffins
English muffins
French or Italian bread
Syrian bread (pita)
Vienna bread
Quick breads: pumpkin, zucchini, banana
Egg rolls
Hush puppies
Pizza crust
Lasagna noodles
Macaroni, spaghetti, or other pasta

Noodles (egg)
Barley
Bulgur
Rice
Chow mein noodles
Taco shells (whole pieces)
Tortillas
Dumplings
Stuffing, bread (homemade)
Spoonbread
Batter and/or breading on foods
Meat pie crust
Meat turnover crust
Croutons
Bread sticks (dry)
Cookies, whole grain or enriched (snack only)
Melba toast

Pretzels dutch (soft)
Rice cakes (snack only)
Snack crackers (Saltines, Ritz, Cheez-its, Wheat Thins, Triscuits, etc.)
Zweiback
Granola bars (snack only)
Bread or rice pudding (snack only)
Doughnuts (breakfast & snack only)
Brownies (snack only)
Pancakes
Waffles
Grits
Cereal, whole grain, enriched, or fortified
Coffee cake, sweet rolls (breakfast and snack only)



Milk

Only fluid milk and milk products count toward milk requirements. Mixes to which water is added cannot be counted because there is no way to ensure that the quantities of dry milk and water are always correct.

Points To Remember:

- Lowfat and skim milk offered starting at age two promotes the habit of drinking lower fat milk early in life.
- Chocolate milk, hot chocolate, cocoa, and milkshakes made with fluid milk should be served only occasionally because of their sugar content.
- Milkshakes must have the minimum amount of milk specified in the meal pattern for the age group. For example, a one-cup milkshake must have $\frac{3}{4}$ cup milk for a child 6 to 12 years of age.
- Milk must be served at breakfast, either as a beverage or on cereal.
- Milk must be served as the beverage at lunch or supper.
- Cheeses, yogurt, pudding, pudding pops, ice cream, and ice milk, even though they contain milk, do not count as an alternate for milk.

Milk Suggestions

Skim milk, fortified with vitamins A and D

Lowfat ($\frac{1}{2}$ %, 1%, 2%) milk, fortified with vitamins A and D

Whole milk, fortified with vitamins A and D

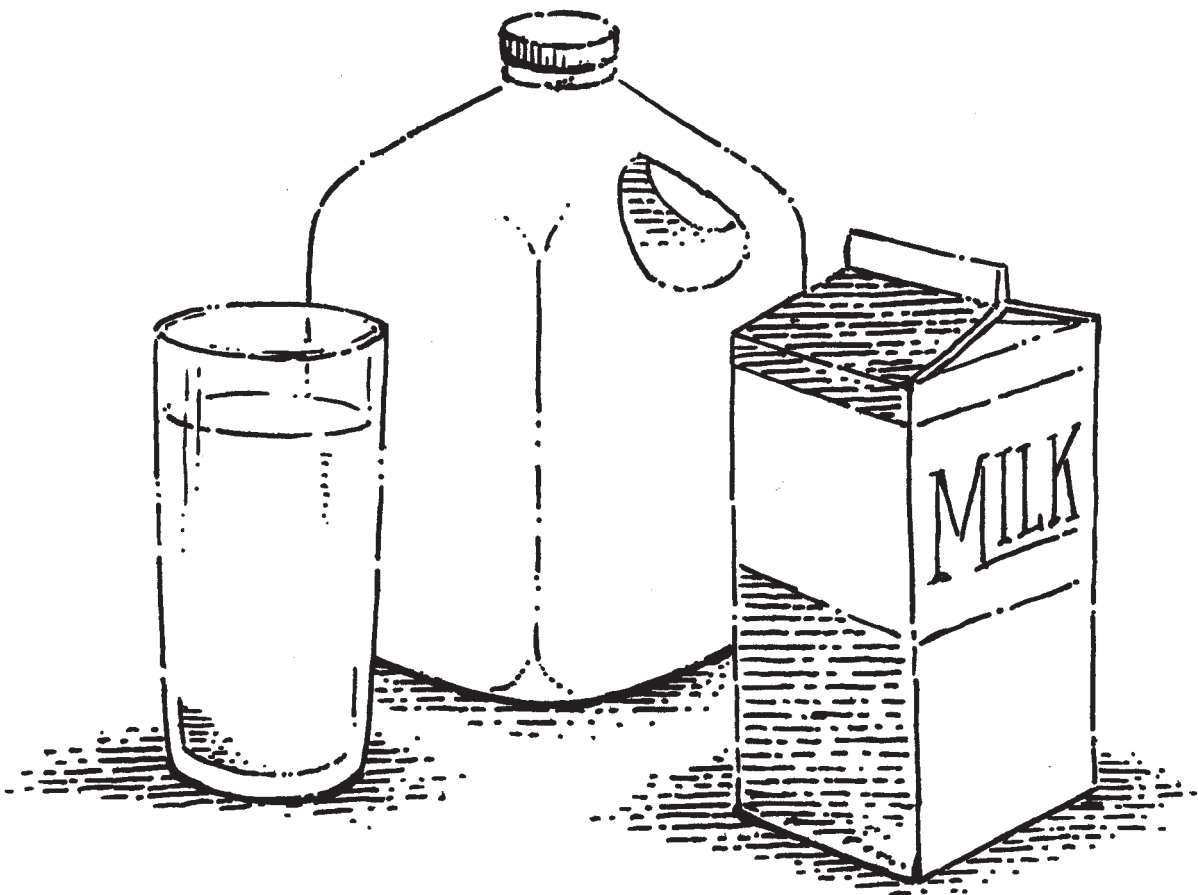
Buttermilk

Lactose-reduced milk

Chocolate milk

Hot chocolate or cocoa

Milkshakes (must contain minimum required quantity of fluid milk per serving appropriate for age group)



Menu Check

1. Did you include one or more foods rich in iron each day?

Foods highest in iron include:

Liver

Beef

Cereals

Iron-fortified, ready-to-eat

Quick or instant iron-fortified Cream of Wheat, Oatmeal, or Farina

Other good sources:

Beans (black, kidney, lima, navy, pinto, and red)

Black-eyed peas

Greens (collard, mustard, and turnip)

Lentils

Eggs

2. Did you include one or more foods high in vitamin C each day?

Apple juice, if fortified with vitamin C

Cantaloupe

Oranges and orange juice

Grapefruit and grapefruit juice

Pineapple and pineapple juice

Pineapple-orange juice

Strawberries

Tangerines

Tomatoes and tomato juice

Greens (mustard and turnip)

Spinach

Bell pepper

Broccoli

Brussels sprouts

Cabbage, raw

Cauliflower

Asparagus

3. Did you include a food high in vitamin A at least three times a week?

Acorn squash

Apricots

Broccoli

Carrots

Sweet potatoes

Greens (collard, mustard, and turnip)

Cantaloupe

Pumpkin

Spinach

Tomatoes

Pepper, red

4. Make sure you have not repeated a main dish in three weeks.

5. At lunch, are there three colors on the plate?

6. Make sure that a food is not repeated in a three-day period. For example, don't serve a food on Wednesday that you served on Monday or Tuesday.

7. Did you plan different types of lunch combinations?

8. Did you offer crisp foods with soft, creamy foods?

9. Are the shapes of the foods varied—not all stringy or round?

10. Did you use mild- and strong-flavored foods together?

11. Are the flavors of the meal complementary, not overpowering?

12. Did you balance light and heavy foods?

13. Did the meals contain hot and cold foods?

14. Did you include food combinations the children like?

15. Did you introduce a new food occasionally but pair it with a well-liked food?

16. Did you limit cookies at snack time to no more than twice in a week?

17. Did you occasionally introduce new fruits and vegetables to children at snack time?

18. Did you consider the needs of the cook? That is, will the work be distributed evenly?

Is there enough time to prepare the meals and clean up afterwards? Is there enough equipment, or will one piece be needed to cook everything at one time?

Menu Planning Form

Fall/Winter Cycle

Week 1 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Beef patty	Turkey slice	Peanut butter	Fish	Cheese
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					

Menu Planning Form

Fall/Winter Cycle

Week 2 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Beef, ground	Chicken, diced	Ham slice	Cheese	Beef patty
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					

Menu Planning Form

Fall/Winter Cycle

Week 3 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Pork chop	Beef cubes	Cheese	Chicken piece	Beef, ground
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					

Menu Planning Form

Spring/Summer Cycle

Week 1 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Egg or peanut butter	Beef cubes	Cheese	Beef patty	Chicken piece
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					

Menu Planning Form

Spring/Summer Cycle

Week 2 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Beef, ground	Cheese	Ham slice	Chicken, diced	Fish, flaked
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					

Menu Planning Form

Spring/Summer Cycle

Week 3 _____

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat/alternate (optional)					
Bread/alternate, including cereal					
Juice/fruit/vegetable					
Milk					
Lunch Or Supper					
Meat/alternate	Cheese	Beef, ground	Chicken slice	Fish, piece	Beef patty
Type/kind					
Vegetable					
Vegetable					
Fruit					
Bread/alternate					
Milk					
Snack (choose 2 of 4)					
Meat/alternate					
Juice/fruit/vegetable					
Bread/alternate					
Milk					



Your Experts for Life

HE-696

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