

Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: **1**

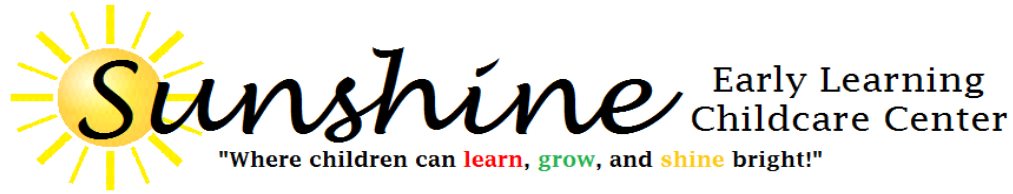
Meal	Monday, Date: _____	Tuesday, Date: _____	Wednesday, Date: _____	Thursday, Date: _____	Friday, Date: _____
Breakfast 7:00am-8:00am 1 (G) Grain 1 (F) Fruit Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk
AM Snack 9:30am-10:00am Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(G) WW Toast (F) Oranges Water	(G, F) Blueberry Muffins Milk <b>(Soy Milk) ND</b>	(MA) Yogurt <b>(WG Cracker) ND</b> (F) Strawberries Water	(G) Spiced Oatmeal (F) Bananas Water	(MA, F) Cottage Cheese & Fruit Bowl <b>(Remove Cottage Cheese) ND</b> (G) Granola Water
Lunch 11:30am-12:30pm All 5 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit Milk	(M/MA, G) Chicken Salad Sandwich (V) Carrot Sticks (F) Apples Milk <b>(Soy Milk) ND</b>	(M, G, V) WG Spaghetti and Meat Sauce (V) Broccoli (F) Bananas Milk <b>(Soy Milk) ND</b>	(M/MA, G) Toasted Turkey Ham and Cheese Sandwich <b>(Remove Cheese) ND</b> (V) Cucumbers (F) Pears Milk <b>(Soy Milk) ND</b>	(MA, G, V) Black Bean and Rice Salad (F) Watermelon Milk <b>(Soy Milk) ND</b>	(M) Diced Ham (V, G) Macaroni Salad (F) Oranges Milk <b>(Soy Milk) ND</b>
PM Snack 3:00pm-3:45pm Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(MA) String Cheese <b>(WG Cracker) ND</b> (V) Cucumbers Water	(G) WG Tortilla Chips (V, F) Fruit Salsa Water	(G) WG Ritz Crackers (F) Peaches Water	(G) WG Wheat Thins (V) Broccoli with Creamy Dip <b>(No Creamy Dip) ND</b> Water	(G) WG Triscuits (V) Carrots Water

\*Whole milk served to children under 2 and 1% milk served to children 2 and older. \*All vegetables are cooked for children under the age of 2.

Component Shortcuts Key: M=Meats, MA=Meat Alternates, WW=Whole Wheat, WG=Whole Grain, V=Vegetable, F=Fruit

VG (Vegan), VEG (Vegetarian), ND (Non-Dairy)

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Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: **2**

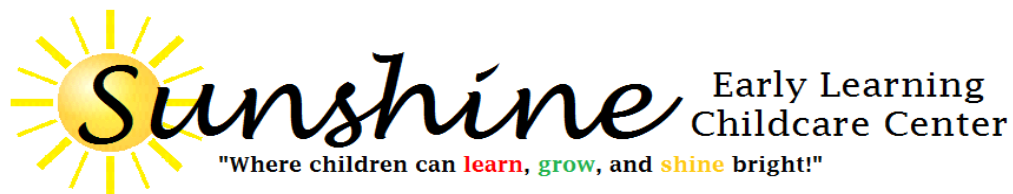
Meal	Monday, Date: _____	Tuesday, Date: _____	Wednesday, Date: _____	Thursday, Date: _____	Friday, Date: _____
Breakfast 7:00am-8:00am 1 (G) Grain 1 (F) Fruit Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk
AM Snack 9:30am-10:00am Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(G) Granola (MA, F) Very Berry Parfaits <b>(WG Cracker) ND</b> Water	(G) WG Graham Crackers (F) Watermelon Water	(G) WW Toast (MA, F) Peach and Yogurt Smoothie <b>(Peaches) ND</b> Water	(G, F) WG Toasted Pita Wedges and Fruit Dip Water	(G) Banana Bread Squares (F) Strawberries Milk <b>(Soy Milk) ND</b>
Lunch 11:30am-12:30pm All 5 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit Milk	(MA, G) Fiesta Wrap (F) Pineapple chunks (V) Carrots Milk <b>(Soy Milk) ND</b>	(M/MA, G) Classic Macaroni and Cheese w/Ham <b>(Marinara) ND</b> (V) Green Beans (F) Strawberries Milk <b>(Soy Milk) ND</b>	(M) Chicken (G, V) Pasta Primavera (V) Mixed Greens (F) Watermelon Milk <b>(Soy Milk) ND</b>	(M, G, F) Pineapple Chicken (V) Peas (F) Peaches Milk <b>(Soy Milk) ND</b>	(M, G) Turkey Salad Sandwich (V) Cucumbers (F) Oranges Milk <b>(Soy Milk) ND</b>
PM Snack 3:00pm-3:45pm Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(G) WG Goldfish <b>(WG Cracker) ND</b> (F) Apples Water	(G) WG Saltine Crackers (MA) Sunflower Butter Water	(G) Pita Chips (MA) Hummus Water	(G) WG Ritz Crackers (F) Pears Water	(MA) Savory Yogurt-Hummus Dip (V) Broccoli Water

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Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: **3**

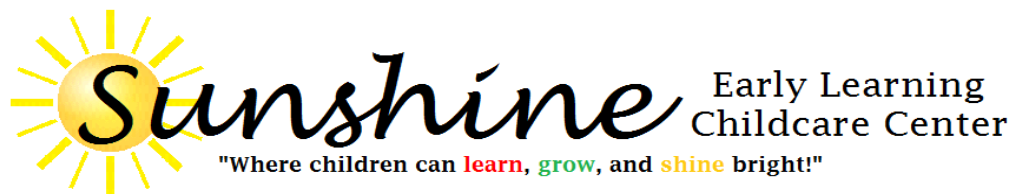
Meal	Monday, Date: _____	Tuesday, Date: _____	Wednesday, Date: _____	Thursday, Date: _____	Friday, Date: _____
Breakfast 7:00am-8:00am 1 (G) Grain 1 (F) Fruit Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk
AM Snack 9:30am-10:00am Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(MA) Yogurt <b>(WG Cracker) ND</b> (F) Blueberries Water	(G, F) Blueberry Muffins Milk <b>(Soy Milk) ND</b>	(MA, F) Cottage Cheese & Fruit Bowl <b>(Remove Cottage Cheese) ND</b> (G) Granola Water	(G) WW Toast (F) Oranges Water	(G) Spiced Oatmeal (F) Bananas Water
Lunch 11:30am-12:30pm All 5 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit Milk	(M, G, V) WG BBQ Turkey on a Roll (V) Green Beans (F) Banana Milk <b>(Soy Milk) ND</b>	(M/MA, G) WG Chicken Alfredo with a Twist <b>(Marinara) ND</b> (V) Broccoli (F) Peaches Milk <b>(Soy Milk) ND</b>	(MA, G, V) Eagle Pizza (V) Cucumbers (F) Strawberries Milk <b>(Soy Milk) ND</b>	(MA, G) Chicken Curry Casserole (V) Peas (F) Apple Slices Milk <b>(Soy Milk) ND</b>	(M, G) Chicken or Turkey Taco (V) Carrots (F) Watermelon Milk <b>(Soy Milk) ND</b>
PM Snack 3:00pm-3:45pm Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(MA) String Cheese <b>(WG Cracker) ND</b> (V) Carrots Water	(G) WG Tortilla Chips (V, F) Fruit Salsa Water	(G) WG Wheat Thins (V) Broccoli with Creamy Dip <b>(No Creamy Dip) ND</b> Water	(G) WG Ritz Crackers (F) Peaches Water	(G) WG Triscuits (F) Strawberries Water

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Month: \_\_\_\_\_ Year: \_\_\_\_\_ Menu: **4**

Meal	Monday, Date: _____	Tuesday, Date: _____	Wednesday, Date: _____	Thursday, Date: _____	Friday, Date: _____
Breakfast 7:00am-8:00am 1 (G) Grain 1 (F) Fruit Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk	WG Cereal: _____ Fruit: _____ Milk
AM Snack 9:30am-10:00am Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(G) WG Graham Crackers (F) Watermelon Water	(G) Granola (MA, F) Very Berry Parfaits <b>(WG Cracker) ND</b> Water	(G, F) WG Toasted Pita Wedges and Fruit Dip Water	(G) WW Toast (MA, F) Peach and Yogurt Smoothie <b>(Peaches) ND</b> Water	(G) Banana Bread Squares (F) Strawberries Milk <b>(Soy Milk) ND</b>
Lunch 11:30am-12:30pm All 5 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit Milk	(MA, G) Toasted Cheese Sandwich <b>(Sunflower Butter &amp; Jelly Sandwich) ND</b> (V) Green Beans (F) Oranges Milk <b>(Soy Milk) ND</b>	(M, G) Chic' Penne <b>(Marinara) ND</b> (V) Peas (F) Strawberries Milk <b>(Soy Milk) ND</b>	(MA, G) Bean Burrito Bowl (V) Cucumbers (F) Pears Milk <b>(Soy Milk) ND</b>	(M/MA, G) Turkey and Beef Macaroni (V) Mixed Greens & Ranch Dressing (F) Watermelon Milk <b>(Soy Milk) ND</b>	(MA, G, V) Crunchy Hawaiian Chicken Wrap (V) Carrots (F) Apples Milk <b>(Soy Milk) ND</b>
PM Snack 3:00pm-3:45pm Any 2 Components: (M/MA) Meats or Meat Alternates, (G) Grain, (V) Vegetable, (F) Fruit	(G) WG Goldfish <b>(WG Cracker) ND</b> (F) Apples Water	(G) WG Saltine Crackers (MA) Sunflower Butter Water	(G) WG Ritz Crackers (F) Peaches Water	(G) Pita Chips (MA) Hummus Water	(MA) Savory Yogurt-Hummus Dip (V) Broccoli Water

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