

Menu for Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Muffins or Fruit loaf	Rice Krispies	Yogurt Parfait	Toast with peanut butter or cheese wiz	Cereal Bar
	Bananas or blueberries	Canned Peaches	Strawberries or blueberries	Bananas	Mixed Fruit
Drink	Milk	Milk	Water	Water	Milk
Lunch					
<i>(All 4 food groups are included)</i>	Pasta & Meat Sauce Garlic Bread	Grilled Cheese Sandwich with Vegetable Soup & Lima Beans	Meatloaf with potatoes & mixed Veggies Roll	Chicken, Vegetable & Noodle Soup	Mini Pizza & Green Salad
Vegetables & Fruit	Tomato Onions Garlic Bell Peppers	Tomatoes Peas Carrots Corn	Carrots Potatoes Peas Corn	Peas Carrots	Romaine Lettuce Purple Cabbage Cucumber Carrots
Grain Products	W.W. Pasta W.W. Bread	W.W. Bread	W.W. Roll	W.W. Pasta	W.W. Buns
Milk & Alternatives	Whole Milk	Cheese	Whole Milk	Whole Milk	Cheese
Meat & Alternatives	Ground Beef Black Beans	Lima Beans	Ground Beef	Chicken	Ham or Chicken
Others*	Margarine	Margarine	Ketchup	Margarine	Pizza Sauce
Afternoon Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Veggie Chips	Crackers	Homemade Bits & Bites	Maria Cookie	Pudding
	Apple Slices	Pineapple	Raisins or Cranberries	Fruit Salad	Oranges
Drink	Water	Water	Water	Water	Water

* Others include condiments, sauces, spreads and toppings

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: _____ Date: _____

Menu for Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Cereal	W.W. Bagel with cream cheese	Pancakes	Oatmeal	W.W. Waffles
	Raisins or Cranberries	Banana	Blueberries	Raisins	Bananas
Drink	Milk	Water	Water	Milk	Water
Lunch					
<i>(All 4 food groups are included)</i>	Corn Chowder & Roll	Roasted Chicken or Pork with Vegetables & Perogies	Goulash	Fish Fingers with Potatoes, Vegetables & Roll	Big Breakfast
Vegetables & Fruit	Corn Potato Peas Onions	Peas Carrots Potatoes Corn	Peas Corn Potatoes Onions Carrots Bell Peppers	Potatoes Peas Carrots	Potatoes Oranges or Kiwi Cucumber
Grain Products	W.W. bread or roll	Perogies	W.W. Pasta	W.W. bread or roll	W.W. Toast
Milk & Alternatives	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Cheese
Meat & Alternatives	Ham	Chicken or Pork	Black Beans	Haddock or Tuna	Eggs
Others*	Margarine	Margarine	Margarine	Ketchup	Ketchup
Afternoon Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Molasses or Ginger Cookies	Snack Crackers	Yogurt with Strawberries and Banana	Oatmeal Cookies	Breton Crackers
	Fresh or Canned Pears	Fruit Salad (Canned)	Crackers	Pineapple	Apple Sauce
Drink	Water	Water	Water	Water	Water

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Menu for Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Cereal Bar	Yogurt	English Muffin with Jam	Muffins or Fruit Loaf	Oatmeal
	Strawberries	Blackberries & Blueberries	Banana	Banana	Raisins
Drink	Water	Water	Water	Water	Water
Lunch					
<i>(All 4 food groups are included)</i>	Stir Fry with noodles or Rice	Peanut Butter Sandwich with Vegetable & Lentil Soup	Egg Salad Sandwich Vegetables & Apple Slices	Meatballs with Rice & Vegetables	Hamburger Soup with Crackers
Vegetables & Fruit	Broccoli Cauliflower Carrots Peas Onion	Tomatoes Carrots Peas Lima Beans Corn Green Beans	Tomatoes Cucumber Carrots Apples	Carrots Cauliflower Broccoli	Carrots Tomatoes Zucchini Potatoes
Grain Products	W.W. Pasta or Rice	W.W. bread	W.W. Bread	Brown Rice	W.W. Crackers
Milk & Alternatives	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Meat & Alternatives	Chicken, Turkey or Pork	Lentils Peanut Butter	Eggs	Ground Beef	Ground Beef
Others*	Margarine Gravy Mix	Margarine Veg. Broth	Mayonnaise	Fruit Juice	Margarine
Afternoon Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Maria Cookies	Homemade Bits & Bites	Breton Crackers	Homemade Granola/Bar	Animal Crackers
	Apple Slices	Raisins or cranberries	Oranges	Apple Sauce	Raisins or Cranberries
Drink	Water	Water	Water	Water	Water

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Menu for Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	W.W. Waffles	Raisin Bran Cereal	Pancakes	Corn Flakes	W.W. Bagels with P.B. or Cheese Wiz
	Bananas	Raisins	Blueberries	Cranberries	Bananas
Drink	Water	Milk	Water	Milk	Water
Lunch					
<i>(All 4 food groups are included)</i>	Homemade Mac & Cheese with Chicken Nuggets & Veggies	Friendship Soup	Beef Macaroni	Beef or Pork Stew with Rolls	Tuna Melts & Salad with Apple Slices
Vegetables & Fruit	Peas Corn	Corn Peas Tomato Soup	Bell peppers Tomato Onion Garlic	Potatoes Onions Turnip Carrots	Cabbage Carrots Lettuce Apples
Grain Products	W.W. Pasta	W.W. Pasta Barley	W.W. Pasta	W.W. Rolls	W.W. English Muffin
Milk & Alternatives	Cheese	Whole Milk	Whole Milk	Whole Milk	Cheese
Meat & Alternatives	Chicken	Barley	Ground Beef or Pork	Beef or Pork	Tuna
Others*	Ketchup	Margarine	Parmesan Cheese	Margarine Beef Broth	Margarine
Afternoon Snack					
<i>(At least 2 food groups, one of which is veg. or fruit)</i>	Oatmeal Cookies	Banana & Berry Smoothie	Rice Cakes	Granola Bars	Breton Crackers
	Apple Slices	Animal Crackers	Oranges	Apples or Pears	Mixed Fruit
Drink	Water	Water	Water	Water	Water

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