

| Menu for Week of : September | | | | | |
|---|----------------------|------------------------|--------------------------------|----------------------|----------------------|
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning | | | | | |
| Snack Description | cereal & fruit | toast w. fruit | cereal w. fruit | yogurt w. fruit | cereal w. fruit |
| Food groups used | grain-cheerios | grain- ww bread | grain- shreddies | dairy-yogurt | grain- ww cereal |
| | fruit- | fruit- | fruit- | fruit- | fruit- |
| | water to drink | water to drink | water to drink | water to drink | water to drink |
| Lunch description | omelet w. bagels | tuna sandwiches w. raw | tacos w. salad | chicken pizza w. raw | sloppy joes w. |
| | and fruit | veggies | | veggies | cooked veg |
| | | | | | |
| Vegetables & fruit | oranges | cucumbers, peppers | lettuce, peppers, cucumbers | peppers, cucs | peas, corn carrots |
| | | | | | |
| Grain products | ww bagels | ww bread | ww wraps | ww pitas | ww buns |
| | | | | | |
| Milk & alternatives | milk to drink | milk to drink | milk to drink | milk to drink | milk to drink |
| | | | | | |
| Meat & alternatives | eggs | tuna | beef | chicken | ground pork |
| Others | | | | | |
| | | | | | |
| Afternoon | banana loaf w. fruit | crackers w. fruit | rice cakes w. fruit | popcorn w. fruit | veg, cheese crackers |
| | | | | | |
| | | | | | |
| | | | | | |
| Food groups used | grain-ww flour | fruit- | fruit- | grain- popcorn | grain-ww crackers |
| | fruit- bananas | grain- ww crackers | grain- rice cakes | fruit- | veg-broccoli, beans |
| | | | | | |
| | water to drink | water to drink | water to drink | water to drink | water to drink |
| | | | | | |
| I have followed the Food and Beverage Criteria to ensure this menu meets the standards for Food and Nutrition | | | | | |
| Signature | | | Date | | |