

Menu for Week of : September

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Snack Description	cereal w. fruit	pancakes w. fruit	cereal w. fruit	applesauce w. toast	french toast w. fruit
Food groups used	fruit-	fruit-	fruit-	fruit- applesauce	fruit-
	grain- ww cheerios	grain- ww flour	grain- shreddies	grain- ww bread	grain- corn bran
	water to drink	water to drink	water to drink	water to drink	water to drink
	tuna melts w.	egg mc muffins	vegetarian quesidillas	chicken pizza w. salad	lasagna w. caesar salad
	veggies	w. homefries and veg	w. salad		
Vegetables & fruit	cucumbers, carrots	potatoes, carrots	sw potato, peas, corn	lettuce, cucs, peppers	lettuce, peppers
Grain products	ww bread	ww english muffins	ww wraps	ww. Pitas	ww pasta
Milk & alternatives	milk to drink	milk to drink	milk to drink	milk to drink	milk to drink
Meat & alternatives	tuna	eggs	white kidney beans	chicken	beef, turkey bacon
Others		cheese			
Afternoon	crackers and fruit	veggies, crackers	zucchini muffins	biscuits w. berries	pita chips w. hummus
			w. fruit		cheese
Food groups used	fruit-	veg- broccoli, cauliflower	fruit- zucchini	fruit- berries	grain- ww pita
	grain- ww crackers	grain- ww crackers	grain- ww flour	grain- ww flour	dairy- cheese
	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