

Menu for Week of : September					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	cereal w. fruit	yogurt w. fruit	pancakes w. fruit	bagels w. juice	cereal w. fruit
Snack Description				muffins	
Food groups used	grain- ww cereal	dairy-yogurt	grain- ww flour	grain- ww bagels	grain- shreddies
	fruit-	fruit-	fruit-	fruit- 100% OJ	fruit-
	water to drink	water to drink	water to drink	water to drink	water to drink
Lunch description	scrambled eggs w.	chicken noodle	meatloaf, mashed	fish dinner w. rice	pork tenderloin
	bagels and fruit	casserole	potatoes & veggies	cooked veg	salad
Vegetables & fruit	oranges	broccoli, carrots	potatoes, broccoli, cauliflower	green and yellow beans	lettuce, peppers, tomatoes
Grain products	ww bagels	ww pasta	ww bread	ww rice	ww bread
Milk & alternatives	milk to drink	milk to drink	milk to drink	milk to drink	milk to drink
Meat & alternatives	eggs	chicken	beef	haddock	pork
Others					
Afternoon	blueberry muffins w.	apple crisp	veggies, crackers &	hearty cookies w.	popcorn w. fruit
	fruit		cheese	fruit	
Food groups used	grain- ww flour	grain- oats	grain- ww crackers	grain- ww flour	grain- popcorn
	fruit- blueberries	fruit- apples	veg- carrots, cucs, peppers	fruit- raisins,	fruit-
	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		