

Menu for Week of : September					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	cereal w. fruit	pancakes w. fruit	bagels w. OJ	cereal w. fruit	applesauce w. toast
Snack Description					
Food groups used	grain- shreddies	grain- ww flour	grain- ww bagels	grain- cheerios	grain- ww bread
	fruit-	fruit- blueberries	fruit- 100% OJ	fruit-	fruit- applesauce
Lunch description	egg salad wraps w.	ham, mashed potatoes	chicken lasagna	fish cakes w. veggies	tacos w. salad
	salad	cooked veg	raw veggies		
Vegetables & fruit	lettuce, peppers, cucs	potatoes, corn, peas,	cucumbers, carrots	green and yellow beans,	lettuce, cucumbers,
		carrots		potatoes	carrots, peppers
Grain products	ww wraps	ww rolls	ww pasta	ww buns	ww wraps
Milk & alternatives	milk	milk	milk	milk	milk
Meat & alternatives	eggs	ham	chicken	salmon	beef
Others					
Afternoon	rice cakes w. fruit	banana loaf and fruit	homemade granola bars	veggies, crackers and	blueberry crumble
			and fruit	cheese	
Food groups used	grain- rice cakes	grain- ww flour	grain- ww flour/oats	grain- ww crackers	grain- oats
	fruit- apples	fruit- bananas,	fruit-	veg- broccoli/cauliflower	fruit- blueberries
I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.					
Signature			Date		