

Menu for Week of : September					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	cereal w. fruit	french toast w. fruit	cereal w. fruit	hakuna frittata	toast w. yogurt
Snack Description					
Food groups used	grain- ww cheerios	grain- ww bread	grain- shreddies	meat- eggs	grain- ww bread
	fruit- apples	fruit-	fruit-	veg- peas/corn	milk- yogurt
Lunch description	tuna noodle casserole	tacos w. salad	scrambled eggs w.	sweet & sour pork chops	chicken salad sandwiches
	cooked veggies		bagels and fruit	w. rice and veggies	w. veggies
Vegetables & fruit	peas, corn, carrots	lettuce, cucumbers	oranges	broccoli/cauliflower	celery, carrots, cucumbers
		peppers			
Grain products	ww pasta	ww wraps	ww bagels	ww rice	ww bread
Milk & alternatives	milk to drink	milk to drink	milk to drink	milk to drink	milk to drink
Meat & alternatives	tuna	beef	eggs	pork chops	chicken
Others					
Afternoon	popcorn w. fruit	homemade granola	crackers w. fruit	oatmeal cookies w. fruit	pudding w. pretzels
	crackers for green/blue	w. fruit			
Food groups used	grain- popcorn	grain- oats	grain- ww crackers	grain- ww flour/oats	grain- pretzels
	fruit- apples	fruit-	fruit-	fruit-	milk- pudding
I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.					
Signature			Date		