

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Fruit Salad & Crackers	Cinnamon Toast & Melon	Blueberries, Cheerios & Milk	Ants on a log Celery, Craisins Wow butter	Applesauce & Granola
2 Food Groups	Fruit Grain	Fruit Grain	Fruit, Grain Dairy	Vegetable Protein	Fruit Grain
Drink	Water	Water	Water	Water	Water
Lunch Description	Chicken Noodle Casserole	Sweet & Sour Pork Tenderloin	Taco Salad	Baked Haddock with Sweet Potatoes	Tomato Soup with tea biscuits
Vegetables and Fruit	Celery, romaine Green beans	Peas, Carrot, Corn	Spring Mix Lettuce, Tomatoes, Red & Yellow peppers	Sweet Potatoes Corn	Tomatoes, cucumber
Grain Products	Whole wheat bread	Long Grain Rice	Toasted Pita	Diner roll	Whole Grain Tea Biscuit
Milk & Alternatives	Milk	Milk	Milk	Milk	Milk
Meat & Alternatives	Chicken	Pork	Beef	Fish	White Kidney Beans
Others	Mayonnaise				
Afternoon Snack	Apples & Yogurt	Mixed Berry Crumble	Bananas & Bagels	Oranges & Rice Crackers	Wow Butter power balls
2 Food Groups	Fruit Dairy	Fruit Grain	Fruit Grain	Fruit Grain	Grain Protein
Drink	Water	Water	Water	Water	Water

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature:

Date: