

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal & dried fruit	English muffins & wov butter Oranges	Berries & Yogurt	Blueberries & Multigrain cheerios	Cinnamon toast & Applesauce
2 Food Groups	Grain Fruit	Grain Protein Fruit	Fruit Dairy	Grain Fruit	Grain Fruit
Drink	Water	Water	Water	Water	Water
Lunch Description	Vegetarian Meatloaf	Chicken Soup	Cheeseburger Casserole	Tuna Melts & Garden Salad	Egg Sandwiches
Vegetables and Fruit	Carrots, Onion, Tomato Sauce, Peas, corn, beans	Potatoes, Carrot, Turnip, Corn	Tomato, peppers, cucumbers	Spring Mix greens, carrots, radish, peppers	Cauliflower, Broccoli, Carrots
Grain Products	Oats	Barley & Rice	Whole wheat pasta	Buns	Whole wheat bread
Milk & Alternatives	Milk	Milk	Milk Cheese	Milk	Milk
Meat & Alternatives	Kidney beans, chickpeas	Chicken	Beef & Black beans	Fish	Eggs
Others				Salad dressing	Mayonnaise
Afternoon Snack	Rice cakes & Oranges	Grapes & Whole wheat crackers	Gingersnaps & Bananas	Cheese & Apples	Pumpkin Spice Cookies
2 Food Groups	Grain Fruit	Grain Fruit	Grain Fruit	Dairy Fruit	Fruit Grain
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: