

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Bagels & Seasonal Fruit	Apples & Wow butter	Fruit Smoothie with Flax	Toast with Applesauce	Cheerios & Dried Fruit
<b>2 Food Groups</b>	Grain Fruit	Fruit Protein	Fruit Grain	Fruit Grain	Grain Fruit
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch Description</b>	Goulash	Veggie Omelette	Chicken & Rice Casserole	Lentil Soup	Tuna Sandwiches
<b>Vegetables and Fruit</b>	Diced Tomatoes, onions, peppers	Red, Yellow & Orange Peppers, Cucumbers	Peas, Carrots, Corn & Beans	Tomato Puree carrots	Carrots, Cucumbers & Celery sticks
<b>Grain Products</b>	Whole wheat Pasta	Whole Grain Bagels	Rice	Baguette	Whole wheat bread
<b>Milk &amp; Alternatives</b>	Milk	Milk Cheese	Milk	Milk	Milk
<b>Meat &amp; Alternatives</b>	Beef	Eggs	Chicken	Red Lentils	Tuna
<b>Others</b>					Mayonnaise
<b>Afternoon Snack</b>	Whole Wheat Crackers & Bananas	Berry Muffins & Melon	Veggie Sticks & Cheese Cubes	Apple Cinnamon Loaf Apples	Oranges Rice Crackers
<b>2 Food Groups</b>	Grain Fruit	Grain Fruit	Vegetable Dairy	Grain Fruit	Fruit Grain
<b>Drink</b>	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: