

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Yogurt with Berries	Cheerios and Fruit	Fruit Smoothies With Flax Seed	Toast & Applesauce	Rice Cakes & Carrot Sticks
2 Food Groups	Dairy Fruit	Grain Fruit	Grain Fruit	Grain Fruit	Grain Vegetable
Drink	Water	Water	Water	Water	Water
Lunch Description	Mac & Cheese	Korean Beef Dish	Chicken Salad	Salmon Loaf	Vegetarian Quesadilla
Vegetables and Fruit	Peas, Beans Carrots	Green Onions Green Pepper Grated Carrots	Spring Mix Tomato Celery	Potatoes Green Peppers	Red & Green Peppers Cucumber
Grain Products	Whole Wheat Macaroni	Rice	Dinner Rolls	Cracker Crumbs	Whole Wheat Tortillas
Milk & Alternatives	Milk to Drink Cheddar Cheese	Milk to Drink	Milk to Drink	Milk to Drink	Milk to Drink Cheese
Meat & Alternatives	Chick Peas	Beef	Chicken	Salmon	3 Bean Blend
Others			Salad Dressing		
Afternoon Snack	Melon & Vegetable Brenton Crackers	Oranges & Rice Crackers	Apples & Cheese	Ants on a Log Celery Wow butter Craisins	Apple Baked fruit Loaf
2 Food Groups	Fruit Grain	Fruit Grain	Fruit Dairy	Protein Vegetables	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: