



Week of \_\_\_\_\_

**Breakfast**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

Bread Component

\_\_\_\_\_

Fruit or Vegetable

\_\_\_\_\_

**Lunch**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

Protein Component

\_\_\_\_\_

Vegetable

\_\_\_\_\_

Fruit

\_\_\_\_\_

Bread Component

\_\_\_\_\_

**Snack**

Pick Two

Whole/1% Milk

\_\_\_\_\_

Fruit or Vegetable

\_\_\_\_\_

Protein

Bread Component

**Dinner**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

**Whole/1% Milk**

Protein Component

\_\_\_\_\_

Vegetable

\_\_\_\_\_

Fruit

\_\_\_\_\_

Bread Component

\_\_\_\_\_

|                    | Monday            | Tuesday          | Wednesday        | Thursday             | Friday            |
|--------------------|-------------------|------------------|------------------|----------------------|-------------------|
|                    | <b>Breakfast</b>  | <b>Breakfast</b> | <b>Breakfast</b> | <b>Breakfast</b>     | <b>Breakfast</b>  |
|                    | 1% Milk           | 1% Milk          | 1% Milk          | 1% Milk              | 1% Milk           |
| Bread Component    | Pancakes          | Toast            | Cheerios         | Waffles              | Biscuit           |
| Fruit or Vegetable | Strawberries      | Apple slices     | 100% Grape Juice | Blueberries          | Peaches           |
|                    | <b>Lunch</b>      | <b>Lunch</b>     | <b>Lunch</b>     | <b>Lunch</b>         | <b>Lunch</b>      |
|                    | 1% Milk           | 1% Milk          | 1% Milk          | 1% Milk              | 1% Milk           |
| Protein Component  | Grilled Cheese    | Scrambled Eggs   | Hamburger Pattie | Baked Chicken        | Meat Sauce        |
| Vegetable          | Carrot Sticks     | Hash Browns      | Tossed Salad     | Broccoli Spears      | Green Beans       |
| Fruit              | Grapes            | Blackberries     | Apple Sauce      | Pears                | Orange Slices     |
| Bread Component    | Whole Wheat Bread | English Muffins  | Whole Wheat Bun  | Rice                 | Whole Wheat Pasta |
|                    | <b>Snack</b>      | <b>Snack</b>     | <b>Snack</b>     | <b>Snack</b>         | <b>Snack</b>      |
| Pick Two           |                   |                  |                  |                      |                   |
| Milk               | 100% Apple Juice  | Oatmeal Cookies  | Peanut Butter    | Crescent Rolls       | Vanilla Yogurt    |
| Fruit or Vegetable | Cheese Sticks     | 1% Milk          | Crackers         | Cheese & Pizza Sauce | Apple Slices      |
| Protein            |                   |                  |                  |                      |                   |
| Bread Component    |                   |                  |                  |                      |                   |