



Week of _____

	Monday	Tuesday	Wednesday	Thursday	Friday
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<u>Breakfast</u>	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
Grain Component	_____	_____	_____	_____	_____
Fruit or Vegetable	_____	_____	_____	_____	_____

	Monday	Tuesday	Wednesday	Thursday	Friday
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<u>Lunch</u>	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
Protein Component	_____	_____	_____	_____	_____
Vegetable	_____	_____	_____	_____	_____
Fruit	_____	_____	_____	_____	_____
Grain Component	_____	_____	_____	_____	_____

	Monday	Tuesday	Wednesday	Thursday	Friday
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<u>Snack</u>					
<u>Pick Two</u>					
Whole/1% Milk	_____	_____	_____	_____	_____
Fruit or Vegetable	_____	_____	_____	_____	_____
Protein					
Grain Component					

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<u>Dinner</u>	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
Protein Component	_____	_____	_____	_____	_____
Vegetable	_____	_____	_____	_____	_____
Fruit	_____	_____	_____	_____	_____
Grain Component	_____	_____	_____	_____	_____

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Grain Component	Pancakes	Toast	Cheerios	Waffles	Biscuit
Fruit or Vegetable	Strawberries	Apple slices	100% Grape Juice	Blueberries	Peaches
	Lunch	Lunch	Lunch	Lunch	Lunch
	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
Grain Component	Whole Wheat Bread	English Muffins	Whole Wheat Bun	Rice	Whole Wheat Pasta
	Snack	Snack	Snack	Snack	Snack
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					
Grain Component					