

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack*</b>					
Vegetables and Fruit				Bananas	
Grain Products	Triscuits	English Muffins	Cheerios	Mini Pitas	Oatmeal Muffins
Milk and Alternatives	Gouda Cheese	Milk	Milk		Milk
Meat and Alternatives					
Other**	Water	Fruit Jam Water	Water	Water	Water
<b>Lunch Meal***</b>					
Vegetables and Fruit	<u>Baked Chicken &amp; Egg noodles</u> Green beans Corn Honeydew Melon	<u>Sloppy Joes</u> Cauliflower Broccoli Fruit Salad	<u>Macaroni &amp; cheese</u> Green Pepper Carrots Red Grapes	<u>Baked ham</u> Squash Peas Granny Smith Apples	<u>Turkey wraps</u> Caesar Salad Pears
Grain Products	WW bread Egg noodles	WW Buns	WW Pasta	WW Bread Rice	WW Tortillas
Milk and Alternatives	Milk	Milk	Milk	Milk	Milk
Meat and Alternatives	Chicken	Lean Ground Beef	Baked Beans	Ham	Turkey
Other**					
<b>Afternoon Snack*</b>					
Vegetables and Fruit	Cherry Tomatoes English Cucumbers		Zucchini		Red Peppers
Grain Products	Breadsticks	Melba toast	Zucchini Loaf	Cornflakes	Breton Crackers
Milk and Alternatives			Milk	Milk	
Meat and Alternatives		Tuna			
Other**	Ranch Dip Water	Mayonnaise Water	Water	Water	Water
<b>Total required:</b>					
	Total	Total	Total	Total	Total
Vegetables and Fruit	5	3	4	4	3
Grain Products	3	3	3	4	3
Milk and Alternatives	2	2	3	2	2
Meat and Alternatives	1	2	1	1	1
Meets requirements?	√	√	√	√	√

\*The morning and afternoon snack must include at least 2 food groups

\*\*This is NOT a food group

\*\*\* The lunch meal must contain all food groups plus an additional vegetable or fruit