

Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Apples	Bananas	Oranges	Apples	Bananas
Whole Grains	Cereal	English Muffins	Cereal	Granola	Cereal
Protein	Milk	Wow Butter	Milk	Yogurt	Milk
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Butternut Squash Macaroni and Cheese	Chicken Noodle or Rice Soup	Vegetable Lasagna	Crustless Quiche HomeFries,BakedBean	Barbeque Meatballs and Rice
Vegetables & Fruits (2 choices)	Squash/GreenPeppers	Carrots, Peas, Celery	Peppers,Carrots,Celery	Spinach,Feta,Potatoes	Spinach/Mixed Veggeis
	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit
Whole Grains	Noodles	Buns	Noodles	Bread	Rice
Iron-rich Protein	Lentils/White Beans	Chicken	Lentils	Eggs/Beans	Ground Beef
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Applesauce	Apples	Cucumber Slices	Peppers/Snowpeas	Bananas
Whole Grains	Arrowroot Cookie	Breadsticks	Crackers	Naan Bread	Tortillas
Protein	Wow Butter	Cheese	Tuna / Chicken	Hummus	Wow Butter

Tap water is always available to drink.