

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	Oranges	Apples	Bananas	Oranges	Apples
Whole Grains	Cereal	Mini Muffins	Cereal	Bagels	Cereal
Protein	Milk	Cheese	Milk	Wow Butter	Milk
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Chili	Egg and Cheese Buns	Taco Rice Casserole	Tomato Bean Soup Grilled Cheese	Tuscan Chicken Pasta Bake
Vegetables & Fruits (2 choices)	Tomatoes / Celery	Raw Green Veggies	Black Beans/Tomatoes	Pickles/Green Peppers	SunDriedTom/Spinach
	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit
Whole Grains	Buns	Buns	Rice	Bread	Noodles
Iron-rich Protein	Ground Beef/Beans	Eggs	Ground Beef/Beans	Beans/Lentils	Chicken
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	Apples	Oranges	Raw Veggies	Apples	Peppers/ Carrots
Whole Grains	Crackers	Granola Bars	Naan Bread	Pumpkin Loaf	Crackers
Protein	Cheese		Hummus		Spinach Dip

Tap water is always available to drink.