

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	Bananas	Oranges	Apples	Bananas	Oranges
Whole Grains	Cereal	Cinnamon Toast	Cereal	Granola	Cereal
Protein	Milk	Wow Butter	Milk	Yogurt	Milk
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Macaroni Beef Bake	Chicken Stir Fry	Vegetable Spagetti	Barbeque Meatballs and Rice	Cheddar Cheese Broccoli Orzo
Vegetables & Fruits (2 choices)	OnionsGreenPepTomat	Onion,pepper celery	Celery,onion,spinach	Mixed Veggies,Spinach	Broccoli, Cauliflower
	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit
Whole Grains	Noodles	Rice or Noodles, Buns	Noodles	Rice	Orzo
Iron-rich Protein	Ground Beef	Chicken	Lentils	Ground Beef	Chicken/ Fish
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	Clementines	Cucumber Slices	Raw Veggies	Oranges	Bananas
Whole Grains	Arrowroot Cookies	Crackers	Crackers	Banana Bread	Tortillas
Protein		Tuna/ Chicken	Hummus		Wow Butter

Tap water is always available to drink.