

Title

Week #

Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable & fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits					
Whole Grains					
Protein					
Meal/Lunch – Include choices from all food groupings					
Entrée Name					
Vegetables & Fruits (2 choices)					
Whole Grains					
Iron-rich Protein					
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits					
Whole Grains					
Protein					

Tap water is always available to drink.



Disclaimer: The application and use of this template is the responsibility of the user. ODPH assumes no responsibility for this menu.