



Weekly food plan

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	1% W Milk	1% W Milk	1% W Milk	1% W Milk	1% W Milk
Vegetables/Fruit/JC	Apple	Banana	Mix Fruits	Bananas	Mandarin
Grain/ Brb	WGR Kix, Plain(WG)	Cracker	Pancakes	Whole Grain Biscuit	Waffle
Meat (Optional)		Eggs	Cheese	Egg	Cheese
LUNCH					
Milk	1% W Milk	1% W Milk	1% W Milk	1% W Milk	1% W Milk
Meat	Black Beans / meat	Ground Turkey	Chicken	Ground Beef	Chicken Breast Tend
Vegetables	Broccoli	Mix vegetables	Green Beans	Mix vegetables	Carrots
Fruit	Melon	Mandarin	Grapes	Strawberries	Apple
Grain	Rice	whole grain Pasta	Rice Yellow	White Rice	potatoes
PM SNACK					
Meat			Yogurt		Cheese Stick
Vegetables		Sliced Apples			
Fruit	Banana			Bananas	
Grain	Whole Graham Crackers	Gold fish	Club Cracker	Ritz Crackers	Whole Grain