

Provider Name _____

Month _____ Year _____

1. Clearly print any changes you make to your menu.
2. Cross out WG when not serving a whole grain. At least one serving of grain per day must be whole-grain rich.
3. A protein can be substituted for the grain at Breakfast no more than three times per week.

Date	Breakfast	AM Snack	Lunch		PM Snack	Dinner	
	Milk	2 Different Food Groups <i>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</i>	Meat or Other Approved Protein		2 Different Food Groups <i>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</i>	Meat or Other Approved Protein	
	Whole Grain (WG) (recommended) * Vegetable, Fruit or Both		Milk	Whole Grain (WG) (recommended) Vegetable or Fruit		Milk	Whole Grain (WG) (recommended) Vegetable or Fruit
↓	Milk	Deviled Egg	Chicken Nuggets		Cheese	Pork Chop	
	WG Muffin	Orange Slices	Milk	WG Mac & Cheese	Apple	Milk	WG Roll
	Pineapple		String Beans	Watermelon		Sweet Potato	Applesauce
	Milk	WG Crackers	Meatballs		Cottage Cheese	Fish Sticks	
	Egg	Applesauce	Milk	Brown Rice	Cherry Tomatoes	Milk	Corn Muffin
	Kiwi		Broccoli	Sliced Cucumbers		Baked Beans	Peas
	Milk	Animal Crackers	Turkey and Cheese		Hard Boiled Eggs	Chicken Strips	
	WG Waffle	Milk	Milk	Whole Grain Wrap	WG Toast	Milk	WG Tortilla
	Blueberries		Lettuce/Tomatoes	Peaches		Tomato	Grapes
	Milk	English Muffin	Baked Fish Fillets		Pretzels	Turkey Bacon	
	WG Cheerios	Cheese	Milk	WG Pasta	Strawberries	Milk	WG Bread
	Banana		Squash	Grapes		Potato Salad	Lettuce/Tomato
	Milk	Wheat Toast	Hamburger Patty		Peanut Butter	Roast Beef	
	Egg	Raisins	Milk	WG Bun	Apple Slices	Milk	WG Roll
	Orange		Corn	French Fries		Mashed Potatoes	Carrots
	Milk	Mini Muffins	Homemade Macaroni & Cheese		Banana	Ground Beef	
	WG Bagel	Grapes	Milk	WG Pasta	Milk	Milk	WG Wrap
	Pears		Peas	Cantaloupe		Coleslaw Mix	Orange Slices
	Milk	WG Pita Chips	Ham and Cheese		Cheese Stick	Homemade Turkey Soup	
	Egg	Apple Slices	Milk	WG Pita Pocket	Pretzels	Milk	WG Noodles
	Apples		Green Beans	Applesauce		Celery	Apple Slices
	Milk	WG Crackers	Peanut Butter		Yogurt	Stuffed Peppers Ground Beef	
	Cheese Grits	Orange Slices	Milk	WG Bread	Corn Muffin	Milk	WG Rice
	Peaches		Carrots	Oranges		Carrots	Bell Pepper
	Milk	WG Crackers	Cheese Pizza		Broccoli Florets	Tuna Fish	
	Yogurt	Peanut Butter	Milk	WG Crust	Applesauce	Milk	WG Bowtie Pasta
	Melon		Green Peppers	Peaches		Sliced Tomatoes	Pears
	Milk	String Cheese	Chicken Patty		WG Crackers	Fish Sticks	
	WG Waffles	WG Crackers	Milk	WG Roll	Celery Sticks	Milk	WG Bread
	Banana		Peas	Strawberries		Tater Tots	Green Beans