

Provider Name \_\_\_\_\_

Month \_\_\_\_\_ Year \_\_\_\_\_

- Clearly print any changes you make to your menu.
- Cross out WG when not serving a whole grain. At least one serving of grain per day must be whole-grain rich.
- 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)		Milk	Whole Grain (WG) (recommended)		Milk	Whole Grain (WG) (recommended)
	Vegetable, Fruit or Both		Vegetable	Vegetable or Fruit		Vegetable	Vegetable or Fruit
	Milk	Yogurt	Beef Hot Dog		Cheese Stick	Ground Beef	
	Oatmeal	WG Toast	Milk	Crescent Roll	Grapes	Milk	WG Crackers
	Blueberries		Corn	Melon		Tomato Sauce	Red Beans
	Milk	Sliced Tomatoes	Cheeseburger Slider		Banana	Chicken Pot Pie - Shredded Chicken	
	WG Waffles	Cheese	Milk	WG Bun	Milk	Milk	WG Crust
	Strawberries		Baked Beans	Carrots		Peas & Carrots	Kiwi
	Milk	Taquitos	Fish Fillet		WG Crackers	Baked Chicken Fingers	
	WG Cheerios	Tomato Sauce	Milk	WG Bun	Grapes	Milk	Elbow Mac & Cheese
	Banana		Kale	Coleslaw		Peas	Applesauce
	Milk	WG Crackers	Chicken Quesadilla		Cottage Cheese	Shredded Pork	
	Eggs	Plum	Milk	WG Tortilla	Blueberries	Milk	WG Bun
	Sweet Potato		Avocado	Sliced Peppers		Coleslaw	Green Beans
	Milk	WG Cheerios	Grilled Cheese		Graham Crackers	Salmon	
	Grits	Milk	Milk	WG Pita Pockets	Milk	Milk	WG Rice
	Peaches		Baby Carrots	Banana		Asparagus	Pears
	Milk	Yogurt	Ham		Cottage Cheese	Beef Stew	
	WG Toast	Pretzels	Milk	WG Roll	Pineapple	Milk	WG Crackers
	Pears		Corn	Tater Tots		Potatoes	Carrots
	Milk	Strawberries	Chicken Salad		Brown Rice Cakes	Diced Chicken	
	Eggs	Cheese Stick	Milk	WG Bread	Peanut Butter	Milk	Brown Rice
	Grapes		Coleslaw	Apple		Melon	Broccoli
	Milk	WG Cheerios	Egg Salad		Guacamole	Pork Roast	
	WG Bagel	Pineapple	Milk	WG Bread	Bagel Chips	Milk	WG Pasta
	Strawberries		Tomato	Cantaloupe		Baked Apples	Peas
	Milk	Apple Muffins	Turkey		Sugar Snap Peas	Beef Kielbasa	
	WG Cheerios	Milk	Milk	WG Wrap	Cheese Cubes	Milk	WG Rice
	Orange Slices		Baby Carrots	Avocado		Green Grapes	Grapes
	Milk	Graham Crackers	Grilled Cheese		String Cheese	Fish Sticks	
	Oatmeal	Applesauce	Milk	WG Bread	Pretzel Sticks	Milk	Sweet Potato Fries
	Banana		Tomato Slices	Plum		Beets	Peaches