

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	Animal Crackers	Chicken Nuggets		String Cheese	Meat Balls	
	WG French Toast	Milk	Milk	WG Mac & Cheese	Grapes	Milk	Brown Rice
	Pears		Green Beans	Watermelon		Broccoli	Sliced Cucumbers
	Milk	Peanut Butter	Tuna Salad		Chex Mix	Chicken	
	WG Cheerios	Apple Slices	Milk	WG Pita Pocket	Raisins	Milk	WG Waffle
	Banana		Lettuce/Tomato	Apple		Green Beans	Pears
	Milk	WG Crackers	Grilled Cheese		Yogurt	Baked Fish	
	Scrambled Egg	Banana	Milk	WG Bread	Mandarin Oranges	Milk	WG Roll
	Applesauce		Tomato Soup	Banana		Spinach	Sweet Potato
	Milk	Cheese Cubes	Cheese Pizza		Corn Chips	Baked Chicken	
	Oatmeal	Grapes	Milk	WG Crust	Tomato Salsa	Milk	Quinoa
	Blueberries		Tomato Sauce	Cucumbers		Squash	Orange Slices
	Milk	Celery	Beef Hot Dogs		WG Crackers	Ground Beef & Cheese	
	WG English Muffin	Peanut Butter	Milk	WG Bun	Melon Balls	Milk	WG Pasta
	Strawberries		Corn	Pears		Lima Beans	Watermelon
	Milk	WG Crackers	Ground Beef		Cottage Cheese	Barbecue Chicken Legs	
	Egg/Green Pepper	Blueberries	Milk	WG Taco Shell	Strawberries	Milk	Corn Muffin
	Cantaloupe		Lettuce/Tomato	Peaches		Carrots	Peas
	Milk	Pretzels	Ground Beef Meat Sauce		½ Bagel	Homemade Chicken Soup	
	WG Cheerios	Cheese Slices	Milk	WG Noodles	Peanut Butter	Milk	WG Rice
	Apple Slices		Spinach	Tomato Sauce		Carrots	Banana
	Milk	Strawberries	Turkey & Cheese		Celery	Baked Ham	
	WG Pita Pockets	Milk	Milk	WG Wrap	Cottage Cheese	Milk	WG Egg Noodles
	Sliced Apples		Green Peppers	Kiwi		Broccoli	Cantaloupe
	Milk	English Muffin	Lentils		Wheat Crackers	Meatloaf	
	Yogurt	Sliced Cheese	Milk	Quinoa	Applesauce	Milk	WG Roll
	Blueberries		Carrots	Raspberries		Green Beans	Mashed Potatoes
	Milk	Celery Sticks	Hamburger Patty		WG Crackers	Baked Chicken	
	WG Pancakes	Peanut Butter	Milk	WG Bun	Milk	Milk	WG Rice
	Strawberries		Peas	Pears		Green Beans	Melon