

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 <small>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</small>	Meat or Other Approved Protein		2 Different Food Groups <small>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</small>	Meat or Other Approved Protein	
	Whole Grain (WG)		Milk	Whole Grain (WG)		Milk	Whole Grain (WG)
	Vegetable, Fruit or Both		Vegetable	Vegetable or Fruit		Vegetable	Vegetable or Fruit
	Milk	WG Crackers	Chicken Stew		Yogurt	Red Beans	
	WG Cheerios	Fresh Fruit Salad	Milk	Rice	Blueberries	Milk	Rice
	Banana		Mixed Vegetables	Oranges		Green Beans	Apples
	Milk	Apples	Ground Beef		Orange/Tangerines	Beef Hot Dogs	
	Scrambled Eggs	Peanut Butter	Milk	WG Pasta	Pretzels	Milk	WG Bread
	Strawberries		Tomato Sauce	Banana		Baked Potatoes	Fruit Cup
	Milk	WG Toast	Baked Fish		WG Crackers	Chicken	
	Oatmeal	Milk	Milk	Macaroni & Cheese	Milk	Milk	WG Bread
	Raisins		Cucumbers/Tomatoes	Orange		Lettuce/Tomatoes	Grapes
	Milk	WG Crackers	Lentils		String Cheese	Tuna Fish	
	Waffles	Mango	Milk	Rice	Pretzels	Milk	WG Bread
	Blueberries		Peas & Carrots	Oranges		Green Beans	Apples
	Milk	Banana	Chicken		Strawberries	Grilled Cheese	
	WG Bread	Milk	Milk	WG Spaghetti	Milk	Milk	WG Bread
	Oranges		Spinach/Broccoli	Apples		Lettuce/Tomatoes	Pears
	Milk	String Cheese	Homemade Beef Stew/Soup		WG Toast	Chicken Nuggets	
	Pancakes	WG Crackers	Milk	Rice	Peanut Butter	Milk	Rice
	Mixed Fruit		Mixed Vegetables	Peaches		Broccoli	Baked Potatoes
	Milk	WG Crackers	Chicken		Milk	Beef / Cheese	
	Eggs	Yogurt	Milk	WG Bread	Apples	Milk	Tortillas
	Apples		Green Beans	Oranges		Lettuce/Tomatoes	Red Beans
	Milk	Apples	Mozzarella Cheese		Yogurt	Ham/Cheese	
	WG Cheerios	Milk	Milk	WG Pasta	Crackers	Milk	WG Bread
	Banana		Broccoli	Fruit Salad		Green Beans	Peaches
	Milk	WG Crackers	Homemade Chicken Soup		Cheese	Fish Sticks	
	WG Bread	Milk	Milk	Noodles	Grapes	Milk	Crackers
	Strawberries		Mixed Vegetables	Apples		Mixed Fruit	Potatoes
	Milk	Milk	Beef Fajitas		WG Crackers	Cheese	
	Eggs	Mixed Fruit	Milk	Rice	Grapes	Milk	Pizza Crust
	Oranges		Mixed Vegetables	Avocado		Garden Salad	Apples