

Month _____ Year _____

Provider Name _____

1. **WW BREAD** = Wheat and whole grain breads are healthier for children and adults and are recommended by Child Nutrition, Inc.
2. Go **LOW-FAT or FAT FREE** when you choose milk, yogurt, and other milk products for children 2 years and older.
3. Fruit juice needs to be at least 50% juice. You may dilute your 100% juice to limit the amount of sugar consumed.
4. Cereal high in sugar should be limited. Sugar should be at least the 3rd ingredient listed on the box.
5. Encourage children to drink water throughout the day.

Day	Breakfast	AM Snack	Lunch/Dinner		PM Snack	Supper		Eve Snack
	Milk	1.	Meat or other Approved Protein		1.	Meat or other Approved Protein		1.
	Juice or Fruit or Veg.	2.	Milk	Fruit or Veg.	2.	Milk	Fruit or Veg.	2.
	Bread or Cereal	(Serve 2 out of 4 Components)	Bread or Alternate	Fruit or Veg.	(Serve 2 out of 4 Components)	Bread or Alternate	Fruit or Veg.	(Serve 2 out of 4 Components)
	Milk	Cheese	Lentils (soup)		Muffin	Chicken (curry/baked)		Granola Bar
	Banana	Crackers	Milk	Rice	Milk	Milk	Rice	Plums
	Cornflakes	Water	Gr. Beans	Peaches		Gr. Salad	Apples	Water
	Milk	Banana Bread	Ground Beef		Baby Carrots	Red Kidney Beans		String Cheese
	Oranges	Milk	Milk	Pita Bread	Corn Chips	Milk	Rice	Crackers
	Bagel		Tomato	Broccoli	Salsa	Mixed Veg	Apples	Water
	Milk	Animal Crackers	Chick Peas		Yogurt	Hamburger		Sweet Rice
	Kiwi	Apple	Milk	Rice	Strawberries	Milk	Pita Bread	Milk
	Cream of Wheat	Water	Corn	Cucumber	Water	Tom/Let	Tator Tots	
	Milk	Pretzels	Fish Sticks		Fruit Salad	Chicken Wrap		Muffin
	Peaches	Grapes	Milk	Bread	Grah. Crackers	Milk	WW Wrap	Milk
	French Toast	Water	Carrots	Gr. Salad	Water	Corn	Broccoli	
	Milk	Pop Tart	Chicken (curry/baked)		Cheese	Ground Beef		Mango
	Melon	Milk	Milk	Rice	Crackers	Milk	Rice	Crackers
	Oatmeal		Gr. Beans	Apple	Water	Tomatoes	Peas	Water
	Milk	Granola Bar	Red Kidney Beans		Baby Carrots	Meat Balls		Fruit Salad
	Banana	Yogurt	Milk	Rice	Corn Chips	Milk	Pasta	Yogurt
	Cereal	Water	Mixed Veg	Oranges	Water	Gr. Beans	Mango	Water
	Milk	Gold Fish Crks	Eggs & Cheese		Cheerios	Chick Peas		Kiwi
	Oranges	Cheese Cubes	Milk	WW Bread	Milk	Milk	Rice	Granola Bar
	Toast	Water	Tom/Let	Apples		Broccoli	Corn	Water
	Milk	Baby Carrots	Lentils (soup)		Kiwi	Beef Kabob		Gold Fish Crks
	Pineapple	Crackers	Milk	Rice	Crackers	Milk	Pita Bread	Apples
	Muffin	Water	Squash	Peaches	Water	Corn	Pears	Water
	Milk	Apples	Cheese Pizza		Fruit Salad	Chicken (Tandori/Baked)		Cereal
	Kiwi	Muffins	Milk	Crust	Crackers	Milk	Rice	Milk
	Cream of Wheat	Water	Grapes	Veggies	Water	Cucumber	Tomatoes	Water
	Milk	Wheat Thins	Chicken (curry/baked)		Peanut Butter	Red Kidney Beans		Baby Carrots
	Mango	Tangerine	Milk	Rice	Crackers	Milk	Rice	Crackers
	Oatmeal	Water	Gr. Salad	Mixed Veg.	Water	Squash	Pineapple	Water
	Milk	Apple Slices	Ground Beef		Yogurt	Lentils		Cheese
	Banana	Ritz Crackers	Milk	Rice	Crackers	Milk	Rice	Apple Juice
	W W Toast		Pears	Corn		Gr. Beans	Peaches	