

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 and/or other Approved Protein		1.	Meat or other Approved Protein		1.
	Grain	2.	Milk	Fruit or Veg.	2.	Milk	Fruit or Veg.	2.
	Fruit or juice or vegetable	(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	Graham	Cheese (grilled)		Ham Chunks	Baked Chicken		Water
	Bagel	Crackers	Milk	WW Bread	Crackers	Milk	Rice	Peaches
	Oranges	Milk	Grapes	Tomato Soup	Water	Peas	Cucumber	Cottage Cheese
	Milk	Cheese	Hamburger		Cookies	Baked Fish		Pop tart
	Oatmeal	Crackers	Milk	Pasta	Milk	Milk	Corn Muffin	Milk
	Orange Juice	Water	Pears	Gr. Beans		Gr. salad	Applesauce	
	Milk	Banana Bread	Ham & Cheese		Crackers	Tuna		Pretzels
	Waffles	Milk	Milk	WW Wrap	Peanut Butter	Milk	Pasta	Grape Juice
	Plums		Peaches	Carrots	Water	Banana	Broccoli	
	Milk	Goldfish	Chicken		Cheese	Ham/Eggs		Mixed Cereal
	WW toast	Apple Juice	Milk	Pasta/Rice	WW Toast	Milk	WW Toast	Milk
	Banana		Cucumber	Mixed Veg	Water	Pineapple	Hash Browns	
	Milk	Muffin	Grd. Beef & Cheese		Vanilla Wafer	Cheese		Milk
	Cereal	Milk	Milk	Tortilla	Peanut Butter	Milk	Pasta	Crackers
	Peaches		Lettuce and Tomato	Mango	Water	Green salad	Apples	
	Milk	Yogurt (low-fat)	Salmon Cakes		String Cheese	Turkey		Animal Crks
	Pancakes	Apple Slices	Milk	Cornbread	Pretzels	Milk	Roll	Apple Juice
	Blueberries	Water	Carrots	Peas	Water	Gr. beans	Potatoes	
	Milk	Yogurt Dip	Hot Dog (beef or chicken)		Pound Cake	Baked Chicken		Muffin
	Cereal	Raw Vegetables	Milk	Bun	Milk	Milk	Roll	Milk
	Orange Juice	Water	Peaches	Oven Fries		Peas	Swt. Potato	
	Milk	Fruit Kabobs	Grd. Beef (Spaghetti)		Mixed Cereal	Lentils		Vanilla Wafers
	Oatmeal	Cheese	Milk	Pasta	Milk	Milk	Rice	Milk
	Oranges	Water	Tomatoes	Corn		Carrots	Cucumber	
	Milk	Animal Crackers	Chicken Nuggets		Yogurt	Baked Fish		Celery Sticks
	Muffin	Apple Juice	Milk	Pita Bread	Strawberries	Milk	Rice	Peanut Butter
	Peaches		Tator tots	Gr. Beans	Water	Corn	Broccoli	Water
	Milk	Pretzel	Cheese		Banana Smoothie	Eggs/Cheese		Peanut Butter
	Cream of Wheat	Grape Juice	Milk	Pasta	w/Milk	Milk	WW Toast	English Muffin
	Banana		Carrots	Broccoli		Hash Browns	Pineapple	Water
	Milk	Pop Tart	Baked Fish		Vanilla Wafer	Beef Barbeque		Cheese
	Cereal	Milk	Milk	Crackers	Banana	Milk	Roll	WW Crackers
	Fruit Cocktail		Peas	Oven Fries	Water	Kiwi	Baked Beans	