

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. |
| | 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 | Crackers | Ham & cheese | | Cookies | Baked Chicken | | Pretzels |
| | Cereal | Grape Juice | Milk | WW Wrap | Milk | Milk | Rice | Milk |
| | Orange Juice | Water | Apples | Carrots | | Mixed Veg | Cucumber | |
| | Milk | Cheese | Chicken Nuggets | | Peanut Butter | Baked fish | | Vanilla Wafer |
| | Pancakes | WW Toast | Milk | Crackers | Jelly/ Bread | Milk | Cornbread | Grapes |
| | Applesauce | Water | Banana | Gr. Beans | Water | Gr. Peas | Potatoes | Water |
| | Milk | Yogurt | Grd. Beef (Sloppy Joes) | | Mixed Fruit | Pork chops | | Muffins |
| | Oatmeal | Pineapple | Milk | WW Bun | Smoothie | Milk | WW Roll | Milk |
| | Bananas | Water | Oven Fries | Grapes | w/ Milk | Potatoes | Gr. Salad | |
| | Milk | Graham Crackers | Cheese (pizza) | | Cheese | Ground Beef | | Granola Bar |
| | Donuts (plain) | Peaches | Milk | Crust | Bagel | Milk | Pasta | Milk |
| | Oranges | Water | Grapes | Gr. Beans | Water | Grapes | Broccoli | |
| | Milk | Vanilla Wafers | Grd. Beef (spaghetti) | | Brownie | Eggs (scrambled) Cheese | | Apple Slices |
| | Cereal | Apples | Milk | Pasta | Milk | Milk | WW Toast | Cheese |
| | Apple juice | Water | Tomatoes | Gr. Salad | | Oranges | Hash Browns | Water |
| | Milk | Crackers | Egg salad | | Granola Bar | Ham | | Strawberry |
| | Bagel | Oranges | Milk | WW Bread | Milk | Milk | ½ Biscuit | Smoothie |
| | Strawberries | Water | Melon | Carrots | | Peas | Swt. Potato | w/Milk |
| | Milk | Pretzels | Turkey | | Yogurt | Chicken / Cheese | | Yogurt |
| | WW Toast | Apple Juice | Milk | Stuffing | Strawberries | Milk | Tortilla | Banana |
| | Grapes | | Cucumber | Gr. Beans | | Nectarine | Gr. Salad | Water |
| | Milk | Milk | Baked Chicken | | WW Toast | Beef Barbeque | | Peaches |
| | Cream of Wheat | Muffin | Milk | Roll | Orange Juice | Milk | WW Buns | Graham Crks |
| | Apples | | Peas | Sweet Potato | | Oven Fries | Cole slaw | Water |
| | Milk | Cheese Chunks | Eggs & Cheese (omelet) | | Corn Chips | Beef Steak | | Brownie |
| | Cereal | Apples | Milk | English Muffin | Salsa | Milk | WW Rolls | Milk |
| | Orange Juice | Water | Oranges | Hash Browns | Water | Lima Beans | Baked Potato | |
| | Milk | Yogurt (lowfat) | Grd. Beef & Cheese | | Soft Pretzel | Tuna | | Cheese |
| | French Toast | Peaches | Milk | Taco Shell | Apple Juice | Milk | Pasta | WW Toast |
| | Banana | Water | Lettuce & Tomato | Kiwi | | Peas | Applesauce | Water |
| | Milk | Goldfish Crks | Tuna | | Vanilla Wafers | Grd. Beef (meatloaf) | | Yogurt |
| | Muffins | Cucumber | Milk | Pita Bread | Cheese Cube | Milk | Roll | Pineapple |
| | Blueberries | Slices | Applesauce | Carrots | Water | Gr. Salad | Potatoes | Water |