

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	Chicken Soup (HM)		Banana	Red Beans		Cheese
	Cornflakes	Cheese	Milk	Pasta	Smoothie	Milk	Rice	Crackers
	Banana	Water	Carrots	Potatoes	w/Milk	Gr. Salad	Mix Veggies	Water
	Milk	Wheat Thins	Beef		Cheese	Baked chicken		Cookies
	Oatmeal	Yogurt	Milk	Rice	Grapes	Milk	Rice	Yogurt
	Apple	Water	Cucumber	Peas/Carrots	Water	Gr. Salad	Mango	Water
	Milk	Vanilla Wafers	Lentils		Crackers	Cheese Pizza		Muffin
	Pancake	Orange Juice	Milk	Rice	Fruit Cocktail	Milk	Crust	Grape Juice
	Oranges		Apples	Mixed Veg	Water	Kiwi	Raw Veggies	
	Milk	Grape Juice	Meatballs (spaghetti)		Strawberry	Chicken Nuggets		Mixed Fruit
	WW Bread	Crackers	Milk	Pasta	Smoothie	Milk	Rice	Smoothie
	Nectarines		Tomatoes	Mango	w/Milk	Apples	Mix Veggies	w/Milk
	Milk	Yogurt	Baked Fish		Apple Juice	Ground Beef		Baby Carrots
	Oatmeal	Fresh Veggies	Milk	Rice	Pretzels	Milk	Rice & Tortilla	Crackers
	Grapes		Applesauce	Green Salad		Beans	Lettuce/Tom	Water
	Milk	Graham Crks.	Baked Chicken		Vanilla wafer	Cheese (lasagna)		Animal
	Cornflakes	Peanut Butter	Milk	Rice	Milk	Milk	Pasta	Crackers
	Pears	Water	Broccoli	Carrots		Gr. Salad	Tomatoes	Orange Juice
	Milk	Muffins	Chicken/Cheese		Banana Bread	Eggs (scrambled)		Yogurt
	Cheerios	Milk	Milk	Pasta	Yogurt	Milk	Rice	Fresh Veggies
	Banana		Tomatoes	Tangerine	Water	Beans	Mix Veggies	
	Milk	Animal Crks.	Beef (taco)		String	Chicken (Soup HM)		Banana Bread
	Bread/Toast	Orange Juice	Milk	Tortilla	Cheese	Milk	Rice/Pasta	Yogurt
	Applesauce		Beans	Kiwi	Apple Slices	Squash	Carrots	Water
	Milk	Cheese Chunks	Chicken Nuggets		Crackers	Beef & Cheese		Vanilla Wafers
	French Toast	Milk	Milk	Rice	Apple Juice	Milk	Pasta	Milk
	Plums		Grapes	Cucumber		Pears	Mix Veggies	
	Milk	Crackers	Eggs/Cheese (omelet)		Crackers	Chicken		Grapes Juice
	Cornflakes	Fresh Fruit	Milk	Bread	Baby Carrots	Milk	Rice	Crackers
	Strawberries		Beans	Mixed Veg	Water	Broccoli	Carrots	
	Milk	Crackers	Ground Beef		Strawberry	Baked Fish		Crackers
	Oatmeal	Carrot-Orange	Milk	Pasta	Smoothie	Milk	Rice	Peanut Butter
	Mango	Juice	Tomatoes	Apples	w/Milk	Gr. Salad	Apple slices	Water