

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.

Date	Breakfast	AM Snack	Lunch		PM Snack	Supper	
	Milk	2 Different Food Groups <i>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</i>	Meat or Other Approved Protein		2 Different Food Groups <i>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</i>	Meat or Other Approved Protein	
	Whole Grain (WG) (recommended)		Milk	Whole Grain (WG) (recommended)		Milk	Whole Grain (WG) (recommended)
↓	Vegetable, Fruit or Both		Vegetable	Vegetable or Fruit		Vegetable	Vegetable or Fruit
	Milk	WG Crackers	Cheeseburger		Pretzels	Spaghetti with Meat Balls	
	Eggs/Cheese	Milk	Milk	WG Bun	Orange Wedges	Milk	WG Pasta
	Pears		Baked Beans	Tater Tots		Green Salad	Peaches
	Milk	Peanut Butter	Homemade Chicken Noodle Soup		Tortilla Chips	Baked Fish	
	Oatmeal	Celery	Milk	Noodles	Salsa	Milk	Corn Muffin
	Blueberries	Raisins	Carrots/Peas	Mixed Fruit		Green Salad	Tater Tots
	Milk	Yogurt	Chicken Nuggets		Milk Smoothie	Lentils	
	WG Pancakes	Blueberries	Milk	WG Rice	with Strawberries	Milk	Quinoa
	Pineapple Bits		Broccoli	Applesauce		Red/Green Peppers	Carrots
	Milk	String Cheese	Ham and Cheese		WG Crackers	Baked Chicken	
	Cereal	Apples	Milk	WG Wrap	Cheese	Milk	WG Roll
	Banana		Peas	Banana		Zucchini	Mashed Potatoes
	Milk	Gold Fish Crackers	Chicken Salad		Celery/Carrots	Ground Beef and Cheese	
	Eggs & Ham	Tangerines	Milk	WG Bread	Cantaloupe	Milk	WG Taco Shells
	Applesauce		Green Beans	Lettuce/Tomato		Lettuce/Tomato	Apple Slices
	Milk	½ WG Bagel	Hot Dog		Cottage Cheese	Red Beans	
	WG Toast	Oranges	Milk	WG Bun	Strawberries	Milk	WG Rice
	Apple Slices		Corn	Banana		Green Beans	Tomato Sauce
	Milk	Grapes	Cheese Pizza		WG Toast	Marinated Beef	
	Eggs	Cheese	Milk	Crust	Peanut Butter	Milk	WG Roll
	Plums		Green Salad	Tomato Sauce		Beets	Pears
	Milk	Carrots/Celery	Tuna Fish		Corn Chips	Meatloaf	
	Waffles	Hummus	Milk	WG Bread	Cheese Dip	Milk	WG Rice
	Strawberries		Cucumber	Lettuce/Tomato		Mixed Vegetables	Grapes
	Milk	Sliced Apples	Cheese Quesadilla		WG Crackers	Baked Chicken	
	Oatmeal	Peanut Butter	Milk	WG Wrap	Cheese	Milk	Corn Muffin
	Raisins		Red/Green Peppers	Green Salad		Cauliflower	Fruit Cup
	Milk	Yogurt	Macaroni and Cheese		WG English Muffin	Macaroni and Cheese	
	Eggs/Cheese	Peaches	Milk	WG Pasta	Cheese	Milk	WG Pasta
	Banana		Cucumbers	Peaches	Sliced Tomato	Broccoli	Applesauce