

Provider Name \_\_\_\_\_

Month \_\_\_\_\_ Year \_\_\_\_\_

- Clearly print any changes you make to your menu.
- 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	Dinner	
	Milk	2 Different Food Groups <small>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</small>	Meat or Other Approved Protein		2 Different Food Groups <small>(Milk, Whole Grain (WG), Protein, Vegetable, Fruit)</small>	Meat or Other Approved Protein	
	Whole Grain (WG) (recommended) Vegetable, Fruit or Both		Milk	Whole Grain (WG) (recommended) Vegetable or Fruit		Milk	Whole Grain (WG) (recommended) Vegetable or Fruit
↓	Milk	Grapes	Turkey		Banana Smoothie	Cheese	
	Egg	Cheese	Milk	WG Stuffing	Milk	Milk	WG Bread
	Melon		Corn	Green Beans		Tomato	Mango
	Milk	Yogurt	Beef Hot Dog		Pretzels	Ground Beef	
	Cream of Wheat	Granola	Milk	WG Bun	Cheese Stick	Milk	Taco Shell
	Blueberries		French Fries	Apples		Mandarin Oranges	Lettuce/Tomato
	Milk	Apple	Chicken		Almonds	Egg Salad	
	Oatmeal	Peanut Butter	Milk	WG Rice	Cranberry	Milk	WG Bread
	Raisins		Peas	Carrots		Lettuce/Tomato	Strawberries
	Milk	Cottage Cheese	Baked Fish		Celery	Chicken Breast	
	Turkey Bacon	Pineapple	Milk	WG Roll	Peanut Butter	Milk	WG Roll
	Orange		Corn	Applesauce		Broccoli	Pear
	Milk	Banana	Ground Beef		Cottage Cheese	Chicken Nuggets	
	WG Bagel	Vanilla Yogurt	Milk	WG Pasta	Blueberries	Milk	WG Rice
	Strawberries		Tomato Sauce	Zucchini		Applesauce	Peas
	Milk	Tomato Salsa	Cheese Pizza		Wheat Thins	Roast Beef	
	Beef Sausage	Corn Chips	Milk	WG Crust	Grapes	Milk	Biscuit
	Kiwi		Tomato Sauce	Green Pepper		Green Beans	Mashed Potatoes
	Milk	Carrots	Peanut Butter		WG Cereal	Fish Sticks	
	WG Cheerios	Raisins	Milk	WG Bread	Milk	Milk	Quinoa
	Apples		Celery	Apple		Peas	Corn
	Milk	Cucumber	Chicken Breast		Yogurt	Hamburger	
	Egg	Hummus	Milk	WG Pasta	Peaches	Milk	WG Roll
	Cantaloupe		Peas	Applesauce		Green Salad	Apples
	Milk	Ready to Eat Cereal	Pulled Pork		Peanut Butter	Turkey	
	WG Muffin	Milk	Milk	WG Roll	Banana	Milk	Stuffing
	Apples		Coleslaw	Green Beans		Cranberry Sauce	Coleslaw
	Milk	Celery	Ham and Cheese		Broccoli	Pork Chop	
	Pancake	Peanut Butter	Milk	WG Tortilla	Cheese	Milk	WG Pasta
	Oranges	Raisins	Lettuce	Cranberries		Red Beans	Apple