

Sample Menu

Meal and Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ☐ Vegetables & Fruit ☐ Whole Grain ☐ Protein Food Contains at least 1 item from each category	Grapes Cold cereal Milk Greek yogurt	Blackberries Oatmeal Boiled egg	Orange slices Whole grain toast Scrambled eggs	Frozen strawberries Whole wheat pancakes Yogurt	Banana Whole grain toast Wow butter
Morning Snack ☐ Vegetables & Fruit ☐ Whole Grain ☐ Protein Food Contains at least 1 item from at least 2 of the categories	Orange slices Whole wheat banana muffin	Apple slices Yogurt	Celery sticks and snap peas Cheese wedge	Cantaloupe Whole grain cracker	Raw broccoli and sliced cucumbers Hardboiled eggs
Lunch ☐ Vegetables & Fruit ☐ Whole Grain ☐ Protein Food Contains at least 1 item from each category	Beef and vegetable soup Carrot sticks Whole grain crackers Milk	Homemade tomato sauce with lentils Whole wheat pasta Mixed vegetables Milk	Chicken Caesar salad Whole grain bun Milk	Bean and vegetable chili Whole wheat bannock Milk	Chicken, peppers, and lettuce in a whole wheat tortilla wrap Grapes Milk