

Menu Template

Water is to be available to children throughout the day.

At morning and afternoon snack offer fruit/vegetable, plus either a protein or whole grain, water, and optionally milk and/or fortified milk alternative.

At noon meal offer one kind of vegetable and one kind of fruit or two kinds of vegetables; at least one grain option; and at least one protein food, with water, milk, and/or a fortified milk alternative.

WEEK 1 Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (At least one kind of vegetable or fruit; At least one grain and/or protein food)					
Vegetables and Fruit					
Whole Grain <i>or</i> Protein					
Noon meal (At least one kind of vegetable and one kind of fruit or two kinds of vegetables; At least one grain option; At least one protein food;					
Milk or fortified milk alternative)					
Vegetables and Fruit					
Whole Grain					
Protein					
Afternoon snack (At least one kind of vegetable or fruit; At least one grain and/or protein food)					
Vegetables and Fruit					
Whole Grain <i>or</i> Protein					

Menu has been reviewed by _____ on (date) _____