

SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk					
Fruit/Vegetables					
Grains/Breads					
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Milk					
Fruits/Vegetables					
Fruits/Vegetables					
Grains/Bread					
Meats/Meat Alternates					
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Milk					
Fruits/Vegetables					
Grains/Bread					
Meats/Meat Alternates					
Beverage					