

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	Supper	
	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)		Milk	Whole Grain (WG) (recommended)		Milk	Whole Grain (WG) (recommended)
	Vegetable, Fruit or Both	Vegetable	Vegetable or Fruit	Vegetable	Vegetable or Fruit	Vegetable	Vegetable or Fruit
	Milk	Cheese	Fish		Plums	Hamburger	
	Oatmeal	WG Bread	Milk	WG Bread	Cheese	Milk	WG Taco Shell
	Pears		Spinach	Sweet Potatoes		Refried Beans	Tomatoes and Guacamole
	Milk	Ham/Cheese	Shrimp		Oatmeal	Chicken	
	Eggs	WG Wrap	Milk	WG Bowtie Pasta	Blueberries	Milk	Brown Rice
	Red and Green Peppers		Squash	Broccoli		Kale	Roasted Cauliflower
	Milk	Kiwi, Berries, Apples	Chicken		Chicken Wings	Pork Chops	
	WG Cereal	Cinnamon Tortilla Chips	Milk	Pie Crust	Celery	Milk	WG Rice
	Raspberries		Peas/Carrots	Grapes		Beets	Cucumbers
	Milk	Peanut Butter	Chicken Legs		Apples	Ground Turkey	
	Greek Yogurt	Celery	Milk	WG Roll	Carrots	Milk	WG Pasta
	Avocado	Raisins	Green Beans	Potato Salad		Tomato Sauce	Green Salad
	Milk	Edamame	Turkey		Peanut Butter	Cheese	
	WG Toast	Greek Yogurt	Milk	WG Stuffing	WG Waffle	Milk	WG Garlic Bread
	Apples		Asparagus	Corn		Eggplant	Tomato Sauce
	Milk	Cheese	Hamburger		Cottage Cheese	Chicken	
	WG Waffles	Cherries	Milk	WG Roll	Mandarin Oranges	Milk	Cornbread
	Strawberries		Spaghetti Squash	Tomatoes and Zucchini		Butternut Squash	Broccoli
	Milk	Peanut Butter	Tuna Fish		Black Bean/	Beef	
	Egg/Cheese	Banana	Milk	WG Bread	Corn Salsa	Milk	Quinoa
	Mushrooms	WG Wrap	Pickles	Carrots	WG Corn Chips	Spinach Salad	Cranberries/ Grape Salad
	Milk	Celery, Carrots	Cheese Pizza		Watermelon	Chicken and Cheese	
	WG Cereal	Apples	Milk	WG Crust	Carrots	Milk	WG Pasta
	Grapefruit	Yogurt Dip	Brussel Sprouts	Mushrooms		Sweet Potatoes	Spinach
	Milk	Hummus	Beef Hot Dog		Deviled Eggs	Chicken & Cheese	
	WG French Toast	Pita Bread	Milk	WG Bun	Strawberries	Milk	WG Pasta
	Blueberries		Baked Beans	Oranges		Spinach	Sweet Potatoes
	Milk	Crescent Rolls	Pork Barbeque		Tomatoes	Ground Beef	
	Yogurt	Cheese	Milk	WG Roll	WG Bruschetta	Milk	WG Crackers
	Banana Smoothie		Coleslaw	Potato Salad	Bread	Chili Beans	Tomato Sauce