

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)		Milk	Whole Grain (WG)		Milk	Whole Grain (WG)
	Vegetable, Fruit or Both		Vegetable	Vegetable or Fruit		Vegetable	Vegetable or Fruit
↓	Milk	WG Crackers	Chicken Stew		Yogurt	Red Beans	
	WG Cereal	Fresh Fruit Salad	Milk	WG Rice	Baby Carrots	Milk	WG Rice
	Banana		Mixed Vegetables	Oranges		Green Salad	Apples
	Milk	Apples	Ground Beef		Orange/Tangerines	Beef Hot Dogs	
	Scrambled Eggs	Celery	Milk	WG Pasta	Pretzels	Milk	WG Bun
	Strawberries	Peanut Butter	Tomato Sauce	Banana		Baked Potatoes	Fruit Cup
	Milk	WG Toast	Baked Fish		WG Crackers	Chicken	
	Oatmeal	Milk	Milk	Macaroni and Cheese	Avocado	Milk	WG Bread
	Raisins		Cucumbers/Tomatoes	Kiwi		Lettuce/Tomatoes	Grapes
	Milk	Goldfish Crackers	Lentils		String Cheese	Tuna Fish	
	Waffles	Mango	Milk	WG Rice	Pretzels	Milk	WG Bread
	Blueberries		Peas & Carrots	Mandarin Oranges		Green Salad	Apples
	Milk	Banana	Chicken		Strawberries	Grilled Cheese	
	Sliced Cheese/Turkey Breast	Milk	Milk	WG Spaghetti	Baby Carrots	Milk	WG Bread
	Oranges		Spinach/Broccoli	Apples		Lettuce/Tomatoes	Pears
	Milk	String Cheese	Homemade Beef Stew/Soup		Milk	Chicken Nuggets	
	Pancakes	Crackers	Milk	Quinoa/WG Rice	WG Toast	Milk	WG Crackers
	Mixed Berries		Mixed Vegetables	Peaches	Peanut Butter	Broccoli	Baked Potatoes
	Milk	WG Crackers	Chicken		Milk	Beef / Cheese	
	Boiled Eggs	Yogurt	Milk	WG Bread	Strawberries	Milk	Tacos/Tortillas
	Apples		Avocado Salad	Oranges	Green Apples	Lettuce/Tomatoes	Red Beans
	Milk	Apples	Mozzarella Cheese		Yogurt	Turkey/Ham	
	WG Cereal	Kiwi	Milk	WG Pasta	WG Crackers	Milk	WG Bread
	Peaches	Baby Carrots	Broccoli	Fruit Salad		Green Salad	Peaches
	Milk	Goldfish Crackers	Homemade Chicken Soup		Cucumbers	Fish Sticks	
	WG Bread	Milk	Milk	Quinoa/WG Noodles	Baby Carrots	Milk	WG Crackers
	Mango		Squash/Carrots	Apple/Broccoli	Grapes	Mixed Berries	Potatoes
	Milk	Plums	Beef Fajitas		WG Crackers	Cheese	
	Eggs	Apples	Milk	WG Rice	Oranges	Milk	Pizza Crust
	Hashbrown Potatoes	Celery	Grilled Vegetables	Avocado	Grapes	Garden Salad	Apples