

Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Strawberries	Apples	Bananas	Applesauce	Blueberries
Whole Grains		Bagels		Toast	Oatmeal
Protein	Yogurt		Hard Boiled Eggs		
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Tuna Sliders	Egg Bake	Bolognese	Tofu "Nuggets"	Quesadillas
Vegetables & Fruits (2 choices)	Green Beans	Spinach	Peas, Carrots	Squash	Green Peppers, Corn
	Bananas	Peaches	Grapes	Pineapple	Pears
Whole Grains	Dinner Rolls	Bread (Sliced)	Pasta	Flour & Breadcrumb	Tortillas
Iron-rich Protein	Tuna	Eggs/Cheese	Ground Beef	Tofu	Chicken/Cheese
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Apple Sauce	Carrot Sticks	Zucchini	Broccoli	Bananas
Whole Grains	Crackers		(Zucchini) Loaf		
Protein		Hummus		Cheese Cubes	Yogurt

Tap water is always available to drink.

All bread, pasta, crackers, rolls, flour, tortillas, and rice are whole wheat



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Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Apples	Raspberries	Bananas	Oranges	Blueberries
Whole Grains	Crackers		Cereal	English Muffins	
Protein		Yogurt	Milk		Cottage Cheese
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Tuna Salad Sandwich	Chicken Dinner	Pizza	Tacos	Scrambled Eggs
Vegetables & Fruits (2 choices)	Green Beans, Celery	Peas, Potatos	Spinach, Carrot	Tomatoes, Romaine	Broccoli, Squash
	Peaches	Oranges	Pineapple	Bananas	Grapes
Whole Grains	Dinner Roll	Sliced Bread	Naan Bread	Tortillas	Sliced Bread
Iron-rich Protein	Tuna	Chicken Thighs	Tofu	Ground Beef	Egg, Cheese
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Cucumber	Carrot	Apple Slices	Bell Peppers	Banana
Whole Grains		(Carrot) Loaf		Crackers	(Banana) Muffins
Protein	Cottage Cheese		Hard Boiled Eggs	Hummus	

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Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Peaches	Apples	Raspberries	Blueberries	Apple Sauce
Whole Grains	English Muffins		Cereal		Toast
Protein		Hard Boiled Eggs	Milk	Yogurt	
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Sandwiches	Stirfry	Pasta Salad	Breakfast Burritos	Sloppy Joes
Vegetables & Fruits (2 choices)	Spinach, Bell Pepper	Green Beans, Carrot	Peas, Corn	Broccoli, Mushroom	Peas, Squash
	Apple Sauce	Pineapple	Pears	Peaches	Oranges
Whole Grains	Sliced Bread	Rice	Pasta	Tortilla	Dinner Rolls
Iron-rich Protein	Chickpeas	Chicken	Tuna	Egg, Cheese	Ground Beef
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Oranges	Banana	Carrot Sticks	Strawberry	Cucumber
Whole Grains		Crackers		(Strawberry) Loaf	
Protein	Cheese Cubes		Hummus		Cottage Cheese

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Vegetables & Fruits	Strawberries	Peaches	Orange Slices	Blueberries	Raspberries
Whole Grains		Bagels		Cereal	Oatmeal
Protein	Yogurt		Hard Boiled Eggs		
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Burrito Bowls	Fish Dinner	Chilli	Chicken Curry	Egg/Potato Salad
Vegetables & Fruits (2 choices)	Green Peppers, Corn	Peas, Squash	Spinach, Mushroom	Carrots, Green Bean	Potatoes, Peas, Corn
	Peaches	Apple Slices	Grapes	Banana	Oranges
Whole Grains	Rice	Sliced Bread	Dinner Rolls	Rice	Sliced Bread
Iron-rich Protein	Black/Kidney Beans	Fish	Beef, Beans	Chicken	
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable & fruit choice and <u>at least</u> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables & Fruits	Pineapple	Cucumber	Carrot	Pears	Bell Peppers
Whole Grains	Crackers		(Carrot) Muffins		
Protein		Cottage Cheese		Cheese Cubes	Hummus

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