



## Menu

DATE: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<i>(At least 2 food groups, one of which is a vegetable or fruit)</i>					
<b>Lunch</b>					
Lunch Description					
Vegetable / Fruit					
Grain Products (all whole wheat)					
Meat & Alternatives					
Milk (Whole 3.25 %) & Alternatives					
Other (Condiments, Sauces, Spreads and Toppings)					
<b>Afternoon Snack</b>					
<i>(At least 2 food groups, one of which is a vegetable or fruit)</i>					

I have followed the food and Beverage criteria to ensure this menu meets the Standards for Food and Nutrition

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- Water is available at all times.

