



Menu

DATE: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
<i>(At least 1 veg or fruit, and at least one grain or protein)</i>					
Lunch					
Lunch Description					
Vegetable / Fruit <i>(1 veg 1 fruit of 2 veg)</i> ½ of Plate					
Whole Grain Products ¼ of plate					
Protein ¼ of plate					
Milk (Whole 3.25 %) or fortified soy beverage					
Other (Condiments, Sauces, Spreads and Toppings)					
Afternoon Snack					
<i>(At least 1 veg or fruit, and at least one grain or protein)</i>					

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

Signature: _____

Date: _____