

Menu for week 4 of 4 Main menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------|---------|-----------|----------|--------|
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Morning Snack

| Snack Description <i>(At least 2 food groups, one of which is vegetable or fruit)</i> | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------------------|---|--|--|--|
| | W.W. Crackers and Fruit | W.W. Crackers and Fruit | Bread and Fruit | W.W. Crackers, Fruit and Dip | Crackers, Cheese and Veggies |
| | 3 seed crackers Oranges Water | W.W. Melba Rounds Cream Cheese/ Wow Butter Grapes Water | W.W. Triscuit Crackers, Strawberries, Kiwi, and Yogurt Dip Water | Honey oat Bread w/ butter Cantaloupe Water | W.W. Soda Crackers Cucumber Cheddar Cheese Water |

Lunch

| Lunch Description <i>(All 4 food groups are included)</i> | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|-------------------------------|------------------------------|--------------------------------------|
| | Eggs, Rolls and Cheese | Tacos | Fish, Rice and Veggies | Macaroni, Cheese and Veggies | Chicken and Barley Soup with Veggies |
| Vegetables & Fruit | Carrot Sticks Cucumber Fresh Fruit | Tomato Green Leaf Lettuce Fresh Fruit | Frozen veggies Fresh fruit | Cucumber Fresh Fruit | Carrots and Celery Fresh Fruit |
| Grain Products | W.W. Salad Rolls | W.W. Tortillas | W.W. Rice | W.W. Pasta | Barley W.W. Soda Crackers |
| Milk and alternatives | Marble Cheese Milk | Shredded Cheddar Milk | Milk | Cheddar Cheese Milk | Milk |
| Meat and alternatives | Boiled Eggs | Lean Ground beef | Haddock | Green Peas | Chicken Breast |
| Others* | | Salsa | Ketchup | | |

Afternoon Snack

| Snack Description <i>(At least 2 food groups, one of which is vegetable or fruit)</i> | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|--|
| | Rice Cakes, Assorted Toppings and Fresh Fruit | Cereal and Milk | Apple Sauce and Cheese | Pita Chips and Dip | W.W. Bread and Fresh Fruit |
| | Plain Rice Cakes Cream Cheese/Wow Butter Bananas Water | Just Right Cereal Milk 100% Orange Juice | Unsweetened Apple Sauce Cheese Cubes Water | W.W. Tortilla Hummus Dip/salsa Carrots Water | W.W. Ancient grains Bread w/ butter and Oranges Water |

*Others include condiments, sauces, spreads and toppings

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: _____

Date: June 28/11