Weekly menu planning worksheet Week _____ Month Fall/early Winter Year _____

Planned by: Name Margaret Ann Ellis Phone 515-993-4694 and Name _____ Phone _____

Book Used: Title _____ Author _____ Publisher _____ Date _____ Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Other foods	Milk 2% Orange Juice (C) Hot Rice	Milk 2% Apple Sauce Toast/Butter	Milk2% Pineapple Juice Corn Flakes	Milk 2% Pineapple Juice French Toast	Milk 2% Grape/Apple Juice English Muffins w Cheese Topping
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk2% Fish Sticks Mashed Potatoes, Peaches Wheat Rolls (HM)	Milk 2% Chicken/Noodles (HM) Carrot/Celery Sticks (A) Fruit Cocktail	Milk 2% Sausage and Milk Gravy Peas, Apricots (A) Toast Croutons	Irish Meal Milk 2% Beef/Veg Stew Apple Salad (2) Potatoes/Carrots/G Beans/ (A) Onions Biscuits (HM)	Milk 2% Beanie/wienie Green Beans Pineapple Chunks Corn Muffins (HM)
P.M. SNACK (Select two of these four components) Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Meat or meat alternate	Carrots/Celery/g. peppers/ (A,C) Cauliflower Oat/Rye/Wheat crackers	Milk2% Oatmeal Cookies (HM)	Milk 2% Chocolate Cinnamon Rolls (HM)	Milk 2% Pumpkin Bread (HM	Orange/Julius (Milk + Orange Juice whipped)

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Oat/Rye/Wheat crackers
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Irish meal on Thursday/colors for decorating, orange/green like the flag.
3. Describe your food activity. Wash the apples/cut the biscuits.
4. List seasonal fruit Apples and Vegetable Cauliflower/carrots used. Code with (S)

Weekly menu planning worksheet Week _____ Month October Year _____

Planned by: Name Develma Eubanks Phone 515-266-5079 and Name Lori Perkins Detrick and Ardis Sullivan Phone 515-288-9545 515-967-0984

Book Used: Title Kitchen Fun for Kids-Jacobsen/Mills Author Center for Science in the Public Interest Publisher Holt & Co. Date 1991 Price $14.95

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Orange Juice (C)	Pineapple Chunks	Grape Juice	Apple Slices	Orange Juice (C)
Bread or bread alternate (including cereal)	Blueberry Muffin	French Toast	Cheerios	Cinnamon Toast	Bagel
Other foods					Cream Cheese
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Meat or meat alternate	Macaroni &Cheese, 1/2 Hard Boiled Egg	Baked Chicken	Fish Sticks	Hamburger	Sausage-Pizza, Cheese
Vegetable and/or fruits (two or more)	Carrot Sticks (A) Mixed Fresh Fruit (C)	Mixed Veggies (A) Apple Slices (S)	Zucchini (1,S) Pear Slices	Crispy French Fries Peaches	W/Green Pepper (C,S) Raw Canteloupe (A,C)
Bread or bread alternate	(Macaroni)	Soft Bread Sticks	Raisin Roll	Bun	
Other foods					
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk	Milk			Celebration Meal Milk
Juice or fruit or vegetable		Sizzling Grapefruit (1,S,C,B)	Orange Juice (C)	Apple Juice	Pumpkin seed Apple Faces (S,1,2,HM) (Banana Slices Carrot Shreds, Raisins)
Bread or bread alternate (including cereal)	Pumpkin Bread (1,S,HM,2)		Oatmeal Cookies (HM)	Graham Crackers	
Meat or meat alternate					Peanut Butter

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Zuchini - discuss how it grows. Kids touch/smell it - Guess what is inside (Seeds?). Cut in round/sticks. (Kids help cut)
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Carve pumpkins - roast pumpkin seeds.
3. Describe your food activity. Bake raw/fresh pumpkin--use it to make pumpkin bread. Emphasize Fall Foods apples/Pumpkins Theme - Not Halloween!
4. List seasonal fruit Apples and Vegetable Pumpkin/Zucchini used. Code with (S)

Weekly menu planning worksheet Week _____ Month Fall Year _____

Planned by: Name Linda Turner Phone 755-2086 and Name Judy Kinser Phone _____

Book Used: Title Kids Lunches Author Better Homes and Gardens Publisher Same Date 1986 Price $5.95

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Orange Wedges (C)	Pineapple Juice	Grape Juice, (Apples)	Bananas, (Raisins)	Strawberries (C)
Bread or bread alternate (including cereal)	Cinnamon Biscuits	Rice Krispies	Apple-Filled Burritos	WW Raisin Toast	Waffles
Other foods					
LUNCH					
Milk, fluid	Milk	Milk	Italian Meal Milk	Milk	Milk
Meat or meat alternate	Tator Tot Casserole (Hamburger)	Chicken n Noodles (HM)	Pizza (Hamburger)	Ham	Tuna Noodle Casserole
Vegetable and/or fruits (two or more)	Green Beans, Peaches	Cooked Carrots (A) M. Potatoes, Purple Plums (A)	Lettuce Salad Mandarin Oranges (C)	Scalloped Potatoes Apple/Grape Salad	Baked Sweet Potatoes (1,A) Tropical Fruit Salad (C)
Bread or bread alternate	Bread	Bread	Bread Sticks	Dinner Roll	Bread, (Noodles)
Other foods	Butter	Butter			Butter
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk	Water	Milk		Milk
Juice or fruit or vegetable			Veggie Plate w/Dip (Carrots, Cauliflower, Broccoli) (A,C)	Grape Juice	
Bread or bread alternate (including cereal)	Banana Bread (HM)	Wheat Crackers		Silhoutte Sandwiches	Oatmeal/Raisin Cookies (HM)
Meat or meat alternate		Cheese fingers		w/Cream cheese	

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Sweet Potatoes - baked for lunch
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Italian Flags
3. Describe your food activity. 1 - Kids will dip biscuits in butter and cinnamon sugar. Silhoutte Sandwich - Kids cut out shapes from bread, soften cream cheese with orange juice, spread on shapes and decorate with raisins.
4. List seasonal fruit Plums and Vegetable Sweet Potatoes used. Code with (S)

Weekly menu planning worksheet Week _____ Month _____ Year _____

Planned by: Name Marilyn Egland Phone 712-859-3885 and Name Lisa Addmund Phone 515-228-4819

Book Used: Title Simplified Recipes for Day C Centers Author Patricia Publisher Cokners Publisher Date _____ Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Other foods	Milk Orange Juice (C) Cold Cereal Cinnamon Toast	Milk Pineapple/Orange Juice (C) Blueberry Muffin (HM) Cheese Cubes	Milk Grapefruit Chunks (C) English Muffin/Cinnamon	Milk Pineapple Juice WW Pancakes Strawberry Syrup (S,C)	Milk Orange Juice (C), Raisins Oatmeal, WW Toast
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk (Ham Cubes, Melted Cheese) Stuffed Baked Potato (1) (Cooked Broccoli) (A,C),Carrot Celery Stix (A) Apple Slices WW Bread	Chinese Meal Milk Chicken Stir Fry (Snow Peas, Carrots, Red and Green Peppers) (A,C), Orange Wheels (C), Cranberry Sauce Wild Rice Water Chestnuts	Milk BBQ Hamburger French Fries, Cole Slaw Radishes, Watermelon Canteloupe (A,C) Bun	Milk Pizza Casserole(Gr Turkey Cheese) (Tomato Sauce, Onion-Pepper) Carrot Celery Stix, Apricots (A) Noodles	Milk Baked Fish Broasted Potato, Greenbeans Red & Green Pepper (C) Fresh Peaches (S) WW Bread
P.M. SNACK (Select two of these four components) Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Meat or meat alternate	Milk Bagel with Strawberry Cream Cheese	Fresh Plums (S) Soft Pretzel (HM)	Milk Tortilla & Egg Salad Roll Ups (1)	Milk Pumpkin Bars	WW Crackers Fruit Flavored Yogurt

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above . (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Stuffed Baked Potato - potato will be on child's plate, meat & vegetable served separately - melted cheese in small pitchers - children can use what they want.
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Children can make oragami paper dragons for table
3. Describe your food activity Wash and cut up vegetables for stir fry. Wash strawberries and blend until smooth.
4. List seasonal fruit Strawberries, peaches, plums and Vegetable Pumpkin used. Code with (S)

Weekly menu planning worksheet

Week _____ Month August Year _____

Planned by: Name Darlene Busch Phone 712-826-8310 and Name _____ Phone _____

USDA Cookbook

Book Used: Title Alphabet Cooking Cards Author Cheryle Olmsted Publisher _____ Date _____ Price _____

Fearon Teachers Aids 1990 $10.95

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Other foods	2% Milk Grape Juice Muffin (HM)	2% Milk Orange Juice (C) Raisin Toast	2% Milk Bananas Chex Cereal	2% Milk Strawberries (C) Pancakes	2% Milk Apple Juice Toast Scrambled Eggs
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	2% Milk Turkey Cubes, Cheese Cubes Lettuce, Tomato Salad Pineapple Bread Sticks	2% Milk Gr beef Taco's, Cheese Lettuce, Tomatoes (C) Fresh Pears (Shells)	2% Milk Stromboli (Ground Turkey)(USDA,F-6) Tomato Sauce Carrot Sticks (A)	2% Milk Macaroni & Cheese, Peanut Butter Celery Sticks, Purple Plums (A) (Macaroni)	2% Milk Roast Beef Mashed Potatoes, Peas Cantaloupe (A) Wheat Bread
P.M. SNACK (Select two of these four components) Milk, fluid Juice or fruit or vegetable Bread or bread alternate (including cereal) Meat or meat alternate	Nectarines (1,S,C) Wheat Crackers	Fresh berries, Apple Juice (Blueberries, Raspberries) Yogurt	Fresh Veg Tray, (Radishes, Green Onions, Broccoli) (A,C,2) Cottage Cheese Dip Cheese Chunks	Zoo Day Kicky Kangaroo Kabobs (2,B) (Melon balls (A) Prunes, Pineapple Chunks) Triscuits	Apple Cider Soft Pretzels (HM) Cheese Dip (extra)

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Nectarines - a new kind of orange like fruit - easier to peel.

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Make maracas by putting beans in 2 paper plates taped together. Play along with Mexican music.

3. Describe your food activity. Thursday - following visit to zoo - children make fruit kabobs - talk about different fruits different zoo animals would eat (might have talked about an animal they'd like to be).

4. List seasonal fruit nectarines, strawberries, melons and Vegetable radishes, onions, tomatoes, broccoli used. Code with (S)

Weekly menu planning worksheet Week _____ Month Summer Year _____

Planned by: Name (Not Signed) Phone _____ and Name _____ Phone _____

Book Used: Title My First Cookbook Author Rena Coyle Publisher Workman Pub. Date 1985 Price $8.95

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Chocolate Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Banana	Apple Rings	Blueberries (C,S)	Hash Browns	Orange Slices (C)
Bread or bread alternate (including cereal)	Honey Nut Cheerios	English Muffin	French Toast	Toast	Bran Muffin (HM)
Other foods				Scrambled Eggs	
LUNCH					4th of July Picnic
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Meat or meat alternate	Pizza Burgers w/Cheese	Chicken Strips, Cheese	Goulash, Peanut Butter	Cheese & Ham	Turkey & Ham Slices
Vegetable and/or fruits (two or more)	Green Beans (2) Watermelon (S,A)	Broccoli with Cheese (A) Strawberries (C)	Pineapple, Celery Stix w/ Peanut Butter	Zuchinni, Tomatoes (C) Apple Slices	Lettuce & Tomatoes (C) Orange Smiles (C)
Bread or bread alternate	(Bun)	Dinner Roll	Roll	Pita Bread (1,B)	Hoagie Bun
Other foods					
P.M. SNACK (Select two of these four components)				Water	
Milk, fluid	Milk	Milk			Milk
Juice or fruit or vegetable		Grape Cantalope Shishkabob	Apricots (A)	Pineapple	Walking Salad (cabbage) (2)
Bread or bread alternate (including cereal)	(Rice Krispies)	Cheese Cubes	Trail Mix (Chex-Raisins)		Peanut Butter, Cheese Cubes
Meat or meat alternate	Peanut Butter Ping Pong Balls(3)			Cottage Cheese	

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Teachers will have several pita breads to cut up and pass out as tastes during the morning show and tell..

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. _____

3. Describe your food activity. (1) Green beans, clean, snap, compare color; (2) Kids prepare walking salad. Peanut butter goes in a Ziploc bag, cut off a small corner and squeeze PB onto cabbage or lettuce leaf. Roll up; (3) Children mix PB & rice krispies & make balls. Each does own and puts on plate by name.

4. List seasonal fruit Blueberries, Watermelon, Strawberries and Vegetable Zucchini Tomatoes used. Code with (S)

Weekly menu planning worksheet Week _____ Month Summer Year _____

Planned by: Name Karen Ellis Phone 515-782-7117 and Name Mattie Terry Phone 319-232-4389

Book Used: Title _____ Author _____ Publisher _____ Date _____ Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Banana	Orange Juice (C)	Apple Juice	Pineapple	Grape Juice
Bread or bread alternate (including cereal)	Toast	Cheerios	French Toast (HM)	Oatmeal Muffin (HM)	Cornflakes
Other foods	Cheese				
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Special Picnic Milk
Meat or meat alternate	Little Smokies, Cheese	Beef & Noodles (HM) Cheese Cubes	Hamburger	Chicken Nuggets	Ham Sandwich
Vegetable and/or fruits (two or more)	Tomato Soup (C) Carrot & Celery (A) Peaches in Peach Jello	Peas, Plums (A)	Tomato Sauce, Green Beans Lettuce Salad	Corn, Aprocots (A) Raw Broccoli (A,C)	Carrot & Celery sticks, Cauliflower (A,C) Cantaloupe (A, C,S)
Bread or bread alternate	Saltines	(Noodles)	Spaghetti, French Bread	Bread	
Other foods	(Jello)				Chips
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk		Milk		Milk
Juice or fruit or vegetable		V-8 (A)			Apple Slices
Bread or bread alternate (including cereal)	Bran Chex Cereal	Corn Muffins (HM)	Banana Bread (HM)	Rye Crackers	
Meat or meat alternate				Cheese Spread (HM)	Peanut Balls (2) (Children make)

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? _____

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Picnic

3. Describe your food activity. Make Peanut Balls

4. List seasonal fruit _____ and Vegetable _____ used. Code with (S)

Weekly menu planning worksheet Week _____ Month July Year _____

Planned by: Name Margaret Keearns Phone 515-242-7810 and Name June Smith Phone 515-464-3385

Book Used: Title _____ Author _____ Publisher _____ Date _____ Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Bananas	Peaches	Orange Juice (C)	Pineapple Juice	Strawberries (1,C,S)
Bread or bread alternate (including cereal)	Cheerios	Pancakes	Bagel/	Toast	Orange Juice Rice Crispies
Other foods		Syrup	Cream Cheese	Eggs	
LUNCH					
Milk, fluid	Milk	Milk	Holiday 4th of July Milk	Milk	Milk
Meat or meat alternate	Fish Nuggets	Taco w/Beef & Cheese	Hot Dogs on a Bun	Tuna Noodle Caserole (HM)	Baked Chicken
Vegetable and/or fruits (two or more)	Hash Browns Pears	Lettuce Tomatoes (C) Fruit Cocktail	Potato Salad (HM) Pork & Beans	Hard Boiled Egg Peas	Pineapple Slices
Bread or bread alternate	Bread		Apple/Orange Slices (C)	Cherry Tomatoes (C)	Cucumber Slice (S)
Other foods				Cinnamon roll	Dinner Roll
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk				
Juice or fruit or vegetable	Cantalope (1,S,A,C)	Water	Apple Juice (C)	Watermelon (S) (C)	Celery/Carrots (A)
Bread or bread alternate (including cereal)		Breadsticks	Cinnamon Toast	Saltines	
Meat or meat alternate		Yogurt			Cheese

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Cantalope - strawberries, "taste" w/other fruit component
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Picnic style party - streamers/ballons/blankets/flags/whistles
3. Describe your food activity. In small groups, children will help wash, peel and cook potatoes - eggs- apples - help mix salad - decorate for the party.
4. List season[illegible]it watermelon, cantalope,strawberries and Vegetable cucumber, tomato, lettuce used. Code with (S)

Weekly menu planning worksheet

Week _____ Month Spring/Summer Year _____

Planned by: Name Michelle Kite Phone 515-423-5406 and Name Jill Andersen Phone 515-832-6451

Book Used: Title Meals w/o Squeals Author Berman & Fromer Publisher Bull Publishing Date 1991 Price $17.95

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Orange Juice/Banana (C)	Apple Wedges	Apple Juice	Apricots (A)	Grape Juice
Bread or bread alternate (including cereal)	Life Cereal	Toast	Chex Cereal	Cornbread (HM)	Raisin Toast
Other foods		Scrambled Eggs, Butter		Honey	Butter
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Meat or meat alternate	Salmon Muffins (1,HM,B)	Tacos w/Hamburger Cheese	Teriyaki Chicken (B,HM)	Quick Pizza (B,HM) w/Hamburger & Cheese	Turkey Tetrazinni (HM)
Vegetable and/or fruits (two or more)	Green Beans, Cantaloupe (A,C,S)	Lettuce, Tomato Pineapple	Steamed Broccoli (A,C) Plums (Fresh)(S)	Carrot/Celery Sticks (A) Apple Sauce	Peas, Watermelon
Bread or bread alternate	WW Bread		Rice		Bread Sticks
Other foods					
P.M. SNACK (Select two of these four components)			Water	Water	
Milk, fluid	Milk				
Juice or fruit or vegetable		Pineapple Juice		w/Peaches	P.B/Banana Shakes (B)
Bread or bread alternate (including cereal)	Graham Crackers	Bran Muffins (HM)	WW Crackers		1/2 Bagel
Meat or meat alternate			Cheese Sticks	Cottage Cheese	(Peanut Butter)

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? _____

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. _____

3. Describe your food activity. _____

4. List seasonal fruit _____ and Vegetable _____ used. Code with (S)

Weekly menu planning worksheet

Week _____ Month Spring Year _____

Planned by: Name Connie Beaty Phone 712-243-2953 and Name Robin Peterson Phone 712-243-2953

Book Used: Title _____ Author _____ Publisher _____ Date _____ Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable		Orange Slices (C)	Apple Juice	Grapes	Pineapple Juice
Bread or bread alternate (including cereal)	French Toast w/syrup 1/2 banana (syrup)	Blueberry Muffin	Cheerios Toast	1/2 English Muffin	Wheaties
Other foods					
LUNCH					
Milk, fluid	Milk	Milk	Mexican Fiesta Milk	Milk	
Meat or meat alternate	Spaghetti w/Meat Sauce	Chicken Legs	Tacos - (Beef, Cheese)	Ham	Baked Fish Squares
Vegetable and/or fruits (two or more)	Lettuce Salad, Peaches	Mashed Potatoes (HM) Cooked Carrots (A), Fruit Cup	(Lettuce, Tommatoes) Grapes	Sweet Potatoes (1,A,C), Corn Strawberry Whipped Jello	Tator Tots, Mixed veg. (A) Apple Slices
Bread or bread alternate	(Spaghetti)	Bread	(Shell)	Dinner Rolls	Bread
Other foods	Choice of Dressing	Butter	Fried Ice Cream	(Jello)	Butter
P.M. SNACK (Select two of these four components)	Water				
Milk, fluid		Milk			Milk
Juice or fruit or vegetable	Fruit Kabobs (Pineapple)	Pear rabbits (Raisin eyes) (Cherry nose)	Grape Juice	Apple Juice	
Bread or bread alternate (including cereal)	Ritz Crackers		Graham Crackers	Saltines	Bird Nest (2) Rice Krispie Bars (OK)
Meat or meat alternate	(Cheese)	(Cottage Cheese tail)		Hard Boiled Eggs	

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above (HM) Home made, (C) Vitamin C food, (S) Seasonal

1. What is the new food and how will it be introduced? Sweet Potato - start a sweet potato to sprout.
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Mexican Fiesta with pinata - Mexican Hat, Maracas, shawl table cloth. Also field trip to Mexican Restaurant.
3. Describe your food activity. Bird nest - prepare your rice krispie recipe and have the children shape like a next and add 3 jelly beans for the eggs.
4. List seaso t _____ and Vegetable _____ _____ used. Code with (S)

Menu f Veek Week_____ nth_____ Year_____

Mea atterns	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast Bread or bread alternate (including cereal) Juice or fruit or vegetable Milk, Fluid Other Foods	Cinnamon Muffin Mandarin Oranges (C) Milk	Raisin Bran Banana Milk	Egg/Cheese Muffin Orange Juice (C) Milk	French Toast Sticks Apricots (A) Milk	Toast Scrambled Eggs (onions, Peppers, mushrooms) Orange Juice (C) Milk
AM Snack (Select two of these four components) Meat or meal alternate Juice or fruit or vegetable Bread or bread alternate Milk, fluid	Grapes Triscuit Crackers Water	Apple Juice Paint A Face (2) Tortilla w/Peanut Butter Cereal/Raisins	Pear Half Bunnies (2) Ritz Crackers Water	Oatmeal Cookie (HM) Milk	Peanut Butter Banana (2) Crackers Water
Lunch Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Milk, fluid Other Foods	Teriyaki Chicken Honeydew (C) (S) Summer Squash (C) (S) Rice Brown/White Mix Milk	Meatballs Mashed Potatoes & Gravy Green Beans Whole Wheat Dinner Roll Milk	Goulash (HM) Carrots (A) Apple Slices w/ Cinn. Sprinkle Garlic Toast Milk	Tuna Salad Fresh Spinach Salad (A) (C) Cantaloupe (A) (C) Pita Bread Milk	Spaghetti & Meatsauce Tomato Sauce(A) Fresh Tomato Ground Beef Watermelon (C) Garlic Bread Milk
PM Snack (Select two of these four components) Meat or meal alternate Juice or fruit or vegetable Bread or bread alternate Milk, fluid	Peanut Butter Cookies (HM) Milk	Juice Jigglers Vanilla Wafers Water	String Cheese Pineapple Water	Cheese Fingers Fruit Kabobs (2) (Kiwi-Grapes-Banana (C) Water	Tangerine (C) Pumpkin Bread Water

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above, (HM) Home made, (C) Vitamin C food, (S) Seasonal

Menu V[illegible]k 3 Week_____ [illegible]onth_____Year_____

Mea[illegible] atterns	Day 1	Day 2	Day 3	Day 4	Day [illegible]
Breakfast Bread or bread alternate (including cereal) Juice or fruit or vegetable Milk, Fluid Other Foods	Whole Wheat Toast Cantaloupe (AC) Milk	Corn Chex Orange Juice (C) Milk	Bagel (cream cheese) Peaches Milk	Cereal Kix Banana Milk	Donut Holes Kiwi (C) Milk
AM Snack (Select two of these four components) Meat or meal alternate Juice or fruit or vegetable Bread or bread alternate Milk, fluid	Grapes Bagels Cream Cheese (Extra) Water	Apple-Go-Rounds (2) (Apples, Peanut butter, animal crackers) Water	Cinnamon-Sugar Tortillas Milk	Yogurt Animal Crackers Water	Apple Juice Muffin
Lunch Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Milk, fluid Other Foods	Spaghetti w/Meat Sauce Raw Broccoli (A,C) Apricots (A) Milk	BBQ Chicken Legs Honeydew (C) Carrot Sticks (A) Rye Bread Milk	Taco Salad (Meat, cheese, mexican corn) Papaya (A,C) Flour Tortilla Shell Milk	Tuna on a Bun Potato Wedges Orange Smiles Milk	Cheeseburgers on Bun Fresh Mixed Veggies (A) Watermelon Milk
PM Snack (Select two of these four components) Meat or meal alternate Juice or fruit or vegetable Bread or bread alternate Milk, fluid	Apple Juice Graham Cracker	Ham & Cheese Cubes Wheat Crackers Water	Salsa with Fresh Tomato Quesadillas Water	Hard Boiled Eggs Tomato Juice	Food Activity Mouse Faces Tortillas Peanut Butter 2 tsp. Raisins Eyes Apple Smiles Banana Nose Carrot Coins Ears Water

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (B) Idea from book listed above, (HM) Home made, (C) Vitamin C food, (S) SeasonalBFN/Huntington,G/Weekly Meal Planning