Weekly menu planning worksheet Week _____ Month January Year _____

Planned by: Name Mary Lee Byers Phone 515-792-8587 and Name Sherry Johnson Phone 515-684-6571

Book Used: Title Arizona 5 a Day Author Ariz. Dept. of Health 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 (C)	Grape Juice	Apple Slices	Strawberries (C)
Bread or bread alternate (including cereal)	Cheerios	English Muffin	whole wheat cinnamon toast	French Toast (HM)	Cinnamon Roll (HM)
Other foods		w/ Peanut Butter	Boiled Eggs (2)		
LUNCH					
Milk, fluid	Milk	Milk	Beach Party Milk	Milk	Milk
Meat or meat alternate	Shepherds Pie (Beef)(B,1)	Pigs in Blanket	Turkey Sandwich	Beef Taco w/Cheese	Meatballs (HM) Cheese
Vegetable and/or fruits (two or more)	(Potatoes), Green Beans, Peaches	Peas, Pears	Celery Sticks, Tangerines (S,C)	Salsa, Lettuce, Tomato, Corn Apple Sauce (C)	Tossed Salad, Fruit Cocktail
Bread or bread alternate	Hot Roll w/		(Whole Wheat Bread)	(Shell)	Spaghetti, Bread Sticks
Other foods	Butter				
P.M. SNACK (Select two of these four components)					
Milk, fluid		Milk	Milk		
Juice or fruit or vegetable	Apple Juice		Fruit Cup	Apple Juice	Orange-Grapefruit Juice (C)
Bread or bread alternate (including cereal)	Spice Muffin	Graham Crackers		Bagel w/	Granola (HM)
Meat or meat alternate			w/Cheese Sticks	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? Shepard's Pie w/Mashed potato top
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Beach Party
3. Describe your food activity. Peeling Boiled Eggs
4. List seasonal fruit Tangeries and Vegetable _____ used. Code with (S)

Weekly menu planning worksheet Week (Easter) 2nd Week Month April Year 1993

Planned by: Name Diane Keane Phone 319-933-2514 and Name Kathy Brierly Phone 515-424-0065

Book Used: Title What's Cookin' Author Neb. Day Care Providers Publisher Neb. Dept. of Ed. Date 1991 Price

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Rosy Apple Sauce	Banana Slices on	Orange Juice (C)	Pineapple Tidbits	Oranges (C)
Bread or bread alternate (including cereal)	French Toast	Cold Kix Cereal	Blueberry Muffins (HM)	Cooked Oatmeal w/Cinnamon	Bagels w/
Other foods					Peanut Butter
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Meat or meat alternate	Green Eggs & Ham(Dr. Suess,2)	Chicken w/Rice (Cottage Cheese)	Baked Egg Casserole (HM)	Mini Pizzas (HM)	Hot Dogs, Pork-n-Beans
Vegetable and/or fruits (two or more)	Hash Browns Strawberries (C,S)	Mixed Veg. (A) Pears & Cottage Cheese	Tator Tots, Raw Carrot Sticks(A) Canned Sweet Cherries	Asparagus (1,S) Peaches in Jello	Apple Slices
Bread or bread alternate	Jelly Toast	(Rice)	(Bread)	(Pizza Crust)	Bun
Other foods					
P.M. SNACK (Select two of these four components)	Water	Water		Water	
Milk, fluid			Milk		Spring Fun Snack
Juice or fruit or vegetable			Apple Smiles w/	Frozen Banana Pops	Grape Juice
Bread or bread alternate (including cereal)	Whole Wheat Crackers	W W Bread		Graham Crackers	
Meat or meat alternate	Cheese	Egg Salad	Peanut Butter		Boiled Eggs (2)

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? Walk to nearby garden to see asparagus growing. Let teachers show shoots to children before cooking.

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Dye Easter eggs and hunt for hidden eggs. Enjoy snack!

3. Describe your food activity. ~~Talk about the versatility of eggs. Break open eggs before cooking and after they're boiled. Talk about many ways to prepare eggs.~~ Let kids each peel their own boiled eggs. (Motor skill development)

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

Weekly menu planning worksheet Week _____ Month June Year _____

Planned by: Name Linda Seelhammer Phone 319-984-6434 and Name Jolene Christeleit Phone 767-2025

Book Used: Title Child Care Cooks Author CCFP - State Office Publisher New Mexico Health & Environment Department 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)	Cantaloupe (C,A)	Apple Juice	Grapefruit (C)
Bread or bread alternate (including cereal)	Toast	Rice Krispies	English Muffin	Oatmeal	French Toast
Other foods					
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Meat or meat alternate	Fish Sticks	Chinese Casserole (HM) Celery, Onions, Water Chestnuts, bean Sprouts	Meatballs/Gravy (HM)	Chicken Enchiladas (HM)	Broccoli & Rice Casserole (B, A, C)
Vegetable and/or fruits (two or more)	Cole Slaw(C)/Apples Carrots (A)	Fresh Peaches (S)	Mandarin Oranges (C) Spinach Salad (S)	Peas & Carrots (A) Apple Slices	(Broccoli),Celery & Carrot Sticks, Plums (A)
Bread or bread alternate	Rye Bread	Chowmein Noodles	Buttermilk Biscuit	Corn Tortilla	(Rice)
Other foods		Egg Roll			
P.M. SNACK (Select two of these four components)				Water	Water
Milk, fluid	Chocolate Milk				
Juice or fruit or vegetable		Honeydew Melon (1,C)	Grape Juice	Tator Tots	
Bread or bread alternate (including cereal)	Monkey Bread (2)	Breadstick	Soft Pretzels		Ritz
Meat or meat alternate				Melted Cheese Dip	Tuna Salad

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? Honeydew melon - Children can feel the texture of the outside & smell it, smell it after it's been cut, see the seeds & learn how it grows, & then taste it.
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Play a tape of Chinese music; placemats the children have made with dragons, etc.
3. Describe your food activity 1. Wash hands; 2. Children pull biscuits into pieces; 3. Roll into balls; 4. Dip in melted margarine; 5. Roll in cinnamon & sugar mixture; 6. Place in greased loaf pans; 7. Bake at 350° for 20 minutes.
4. List seasonal fruit Peaches and Vegetable Spinach used. Code with (S)

Weekly menu planning worksheet Week _____ Month July Year _____

Planned by: Name Jullie Kelchen Phone 319-556-5110 and Name Verla Petersen Phone 712-859-3885

Book Used: Title Betty Crocker Cookbook 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 Orange Juice (C) Cheerios	Milk Applesauce Waffles	Milk Grape Juice Wheat Toast Scrambled Eggs	Milk Apple Juice Bagels	Milk Cantaloupe (A,C) Rice Krispies
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk Baked Chicken Mashed Potatoes, Carrots (A) Buttermilk Biscuit (HM)`	Milk Cold Ham & Cheese Raw Vegetable Cups (A,C) (Broc.,Caulif.,Carrots,Celery) Watermelon (S) Bread	Chinese Meal Milk Sweet & Sour Pork (HM, B) Chinese Vegetables Fresh Pineapple (S) Rice	MKilk Hamburger on Bun French Fries Green Beans (S) (Bun)	Milk Cold Tuna Salad on Croissant Fresh Peas & Carrots (A) in Lettuce Salad, Fresh Strawberries (S,C) (Croissant)
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	Strawberry Yogurt Rice Cakes	Ants on a Log (2) (Celery, Raisins) Apple Juice (Peanut Butter)	Water Fruit Cups (Watermelon, Cantaloupe, Honey Dew Melon) (A,C) Crackers	Cherry Juice (Juicy Juice) Blueberry Muffins	Milk Fresh Peaches

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? Strawberries (children will wash and take stems out of) they can cut in circles.
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Chinese Laterns (children make). Chop sticks.
3. Describe your food activity. Children will help clean celery, spread on peanut butter top with raisins.
4. List seasonal fruit Watermelon, cantaloupe, honey dew strawberries, peaches and Vegetable Green beans, carrots, peas used. Code with (S)

Weekly menu planning worksheet Week _____ Month Summer Year _____

Planned by: Name Janet Miller Phone 515-792-5122 and Name Jo Ann Speller 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	Orange Wheels (C)	Grape Juice	Apple Slices	Orange Juice (C)	Peaches (S)
Bread or bread alternate (including cereal)	Toast Grits	Cereal (Dry)		Toast (Wheat)	Waffles
Other foods	Sausage		Grilled Cheese	Scrambled eggs	
LUNCH					
Milk, fluid	Milk	Milk	Milk	Milk	Sack Lunch Day (2) Milk
Meat or meat alternate	Tuna Casserole	Taco - Meat, Cheese	Liver	Chicken Nuggets	Ham & Cheese Sandwich
Vegetable and/or fruits (two or more)	Peas, Peaches	Lettuce, Tomato Apple Crisp (Shell)	Spinach Salad, Apricot (A)	Lettuce Salad, Watermelon(S)	Carrot & Celery Sticks (A) Banana
Bread or bread alternate	Bread		Rice	Wheat Roll	
Other foods	Butter		Gravy		
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk	Milk			
Juice or fruit or vegetable			Strawberries (C)	Pineapple	Apple Slices
Bread or bread alternate (including cereal)	Blueberry Muffin	Graham Crackers	Toasted English Muffin		Whole Wheat Crackers
Meat or meat alternate				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? Watermelon

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

3. Describe your food activity. Fix ham/cheese sandwich, cut celery & carrot, pack picnic lunch

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

Weekly menu planning worksheet Week _____ Month Summer Year _____

Planned by: Name Audrey Haag Phone 515-423-6029 and Name Sharon Daniels Phone 515-423-0168

Book Used: Title Meals to Please Author Association of Child Development Publisher Not currently available Date 1983 Price _____

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice or fruit or vegetable	Orange Juice (C)	Pineapple Juice	Oranges (C)	Grape Juiice, (Raisins)	Bananas
Bread or bread alternate (including cereal)	Pancakes	Cinnamon Toast	Wheat Toast	Oatmeal w/Raisins	Rice Chex
Other foods					
LUNCH					
Milk, fluid	Mik	Milk	Milk	Milk	Chinese Celebration Milk
Meat or meat alternate	Grilled Cheese Sandwich	Scalloped Potatoesw/Ham(HM)	Pizza (HM)	Spaghett (Hamburger)	Chickern Stirfry (Broccoli,Caulif., Carrots) (A,C), Bamboo Shoots, Pineapple Chunks
Vegetable and/or fruits (two or more)	Tomato Soup (C) Green Grapes	Green Beans, Apples (Potatoes)	Carrot Sticks (A) Diced Peaches	Peas, Diced Pears	
Bread or bread alternate	Saltines	Bread		Garlic Bread	Rice
Other foods	Celery & Peanut Butter				
P.M. SNACK (Select two of these four components)					
Milk, fluid	Milk	Milk	Clown Faces (2)	Milk	Milk
Juice or fruit or vegetable			Raisins, Apple Juice	Watermelon (S,C)	
Bread or bread alternate (including cereal)	Zucchini Bread (S, 1, HM)	Chocolate Chip Bars (HM)	Ritz Crackers		
Meat or meat alternate			Cheese, Peanut Butter		Cheese & Ham Chunks

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 made into Bread. Children can wash and grate zucchini.

2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Paper dragons. Paper lanterns, crackers for face (spread on peanut butter), cheese triangle for hat, 1/2 banana slice for smile, raisins for eyes, nose and top of hat.

3. Describe your food activity. _____

4. List seasonal fruit Watermelon and Vegetable Caulif., broccoli, zucchini used. Code with (S)

Weekly menu planning worksheet

Week 3rd Month August Year _____

Planned by: Name Joan Langel Phone 319-556-5110 and Name Jeannine Borey Phone 515-502=1318
Sharon Whiting 712-292-1318

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 Orange Juice (C) Cheerios, Toast	Milk Grape Juice, Apple Sauce Waffles	Milk Pineapple Juice Rice and Cinnamon, Toast	Milk Apple Juice Toast Scrambled Eggs	Milk Raisins, Orange Slices (C) Oatmeal Toast
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk Ham & Scalloped Potatoes, Green Beans, Peaches (C) Bread Sticks	Milk Tator Tot Casserole Cheese Cubes Strawberries (C) Bread	Chinese Meal Milk Chicken Stirfry (A) (Carrots, Celery, Snow Peas) (A, C, 1) Cantalope(A,C), Watermelon(S) Rice	Milk Pork Roast Mashed Potatoes, Corn (S) Apricots (A) Rye Bread	Milk Hamburger Veg. Soup (A, HM) Grilled Cheese Sandwich Apples (Sandwich)
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	Fruit Smoothy (Banana & Yogurt) (2) Saltine Crackers	Milk Graham Crackers & Peanut Butter	Plums (A) Fortune Cookies	Milk Veggies and (Broccoli, Carrots, Celery Cauliflower (A,C) Cottage Cheese Dill Dip	Milk Pumpkin Bars

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? Snow peas - cook talks about peas and explains growing pattern. Children smell, crack open, look for peas, and taste with a dip.

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

3. Describe your food activity. Blend bananas and yogurt. Kids can put the cut up bananas into blender and watch it blend and become smooth.

4. List seasonal fruit Cantalope and Vegetable Corn on Cob used. Code with (S)

Weekly menu planning worksheet Week _____ Month Fall Year _____

Planned by: Name (not signed) _____ Phone _____ and Name _____ Phone _____

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

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk, fluid	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
Juice or fruit or vegetable	Banana Slices	Orange Juice (C)	Apple Slices	Strawberries (S, C)	Pineapple Juice
Bread or bread alternate (including cereal)	Bran Muffin	Hot Cereal	English Muffins	Toast	Cold Cereal
Other foods					
LUNCH					
Milk, fluid	Milk 2%	Milk 2%	Milk 2%	Holiday - Thanksgiving Milk 2%	Milk 2%
Meat or meat alternate	Country Fried Steak	Chili	Fish Square	Turkey	Pizza
Vegetable and/or fruits (two or more)	Green Beans, Peaches	Peas, Apricots (A)	Lettuce Salad, Fruit Cocktail	Cranberry Relish (1), Potatoes Mixed Vegetables (A)	Corn on the Cob (S) Watermelon
Bread or bread alternate	Hot Roll	Cornbread (HM)	Bun	Roll	
Other foods				Gravy	
P.M. SNACK (Select two of these four components)					
Milk, fluid		Milk 2%			Milk 2%
Juice or fruit or vegetable	Cantaloupe (S,C,A)		Carrot Sticks (A) Dip (extra) Apple Juice	Melon Balls (S,C,A)	
Bread or bread alternate (including cereal)	Graham Crackers	Soft Pretzel (HM)		Bran Muffin (HM)	Cinnamon Cookies (HM)
Meat or meat alternate			Cheese Cubes		

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? Cranberry Relish with the seasonal activity.
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Thanksgiving
3. Describe your food activity. Having the kids take turns with a melon baller making balls out of watermelon or cantaloupe.
4. List seasonal fruit Strawberries, Watermelon, Cantaloupe and Vegetable Corn on the Cob used. Code with (S)

Weekly menu planning worksheet Week _____ Month September Year _____

Planned by: Name Joyce Wisby Phone 515-242-7582 and Name Susan Hahn Phone 282-2193

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 Bananas Cereal Wheat Toast	Milk Orange Smiles (C) French Toast Powdered Sugar	Milk Tomato Salad (C) Grits (1)	Milk (Green Pepper), Apple Juice Toast Ham & Green Pepper Omlete	Milk Fruit Compote)C) Bagels
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk (Meat Sauce), Cottage Cheese Spinach Salad (A,C) Kiwi (C) Spaghetti	Milk Fish Shapes Harvard Beets, ABC Tator Tots Apricots (A) Garlic Bread	Milk Taco Salad, Refried Beans Mexican Salad Plums (A)	Milk Link Sausages Egg Plant Parm (S) Peaches Bread & Butter	Milk Oven Fried Chicken Broccoli (A,C), Papaya (C,.1) Cucumber-Tomato Salad (C) Bread & Butter
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 Raw Celery, Carrots, Broc.(A,C) Dip Ritz Crackers	Grape Juice Little Red Hen Bread (2) Homemade Butter (2)	Milk Fruit Kabob (2) Oatmeal Muffin	Milk Cherry Crisp	Walking Salad (2) Apple Wedges

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. Make butter (shake cream in jars-unbreakable). Make yeast bread in the classroom (bring in wheat to show) and read the book. For walking salad, children put their raw salad ingredients in a ziploc bag, mix and take with them on a walk.

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

Weekly menu planning worksheet Week _____ Month November Year _____

Planned by: Name Janice Bagley Phone 515-243-2424 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 Red Grapes English Muffin with Cheese	Milk Diced Peaches Mexican Rice	Milk Pineapple Rings Waffles	Milk Apple Circles Toast Scrambled Eggs	Milk Bananas Kix
LUNCH Milk, fluid Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Other foods	Milk Sloppy Joes Tator Tot, Oranges (C) Bun	Milk Baked Chicken Carrots (A) Strawberries (A) Fried Rice, W W Bread	Milk Meat Sauce Green Beans, Peach slices Spaghetti Sauce	Holiday: Thanksgiving Milk Roast Turkey Whipped Potatoes, Peas Pears in Red Jello Bread	Milk Tuna Noodle Casserole Coleslaw (C), Fruit Cocktail 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 Seasoned Oyster Crackers	Apple Juice Quesadillas w Cheese	Milk Vanilla Waffers (Tapioca Pudding)	Milk Stix Stones (Cereal)	Milk Peanut Butter Cookie (HM)

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? Stix stones (cereal, small pretzels, raisins)
2. Circle your ethnic or festive menu and list some appropriate table or room decoration. Thanksgiving
3. Describe your food activity. _____
4. List seasonal fruit _____ and Vegetable _____ used. Code with (S)

Meal for Week 2 Week_____Month_____Year_____

Meal Patterns	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	English Muffin Orange (C) Milk	Whole Wheat Toast Fruit Punch-Juicy Juice (C) Milk	Total Cereal (A,C) Banana Milk	Waffle Cantaloupe (A, C) Milk	Wheaties Strawberries (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	Graham Crackers Milk	Apple Juice Blueberry Muffin	Scrambled Eggs Salsa Tortilla Water	Salad in a bag (2) Lettuce, tomato, carrot (A,C) broccoli, cucumbers Breadstick	Peanut Butter Banana (2) Bun Water
Lunch Meat or meat alternate Vegetable and/or fruits (two or more) Bread or bread alternate Milk, fluid Other Foods	Baked Chicken Mashed Potatoes Carrot and Celery Sticks (A) Sliced Peaches Whole Wheat Bread Milk	Baked Fish Sticks Oven Fried Potatoes Green Beans Apricots (A) Whole Wheat Bread Milk	Ham Slice Mixed Vegetables (A) Pears Macaroni and Cheese (H M) Milk	Chili with Meat (HM) Celery w/Peanut Butter Tangerine (C) Buttered Rice Milk	Egg Salad Peas Apricots (A) Pita Bread Milk
PM Snack (Select two of four components) Meat or meal alternate Juice or fruit or vegetable Bread or bread alternate Milk, fluid	Cherry Juicy Juice (C) Animal Crackers	Apple / Oranges slices (C) Crackers Water	Frozen Grapes (S) (cut in ½) Bagel	Merry-Go-Round (2) Apple ½ Peanut Butter Animal Crackers Water	Pineapple Orange Juice (C) Graham Crackers

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