

SAMPLE MENU
WG=WHOLE GRAIN

DAY	Breakfast	AM Snack	Lunch	PM Snack	Dinner
1	Cold Cereal (087) (WG) Apricots (003) Fluid Milk (5)	String Cheese Grapes (018)	Avocado (153) Apple Juice (053) Mozzarella Cheese (086) Pizza Crust (041) (WG) Fluid Milk (5)	Apples (001) Yogurt (110)	Tomato Sauce (223) Grapes (018) Beef Ground (002) Noodles (053) (WG) Fluid Milk (5)
2	Pancakes (WG) (047) Blueberries (006) Fluid Milk (5)	Chicken Breast Crackers (WG)	Lettuce and Tomato (182) Applesauce (002) Chicken Lunchmeat (030) Wheat Bread (WG) (036) Fluid Milk (5)	Muffins (083) (WG) Fluid Milk (5)	Carrots (164) Grapes (018) Chicken Thighs (034) Rolls (032) (WG) Fluid Milk (5)

3	Bananas (004) Hot Cereal (088) (WG) Fluid Milk (5)	Apples (001) Yogurt (110)	Tomato Sauce (223) Tossed Salad (224) Red / Kidney Beans (076) Cornbread (008) (WG) Fluid Milk (5)	Mixed Juice (066) Cheese Crackers (WG) (245)	Potatoes, Red/White (188) Grapes (018) Sausage - Pork (054) Rolls (032) (WG) Fluid Milk (5)
4	French Toast Blueberries Fluid Milk (5)	Bagel Mixed Juice	Broccoli (160) Bananas (004) Turkey Ground (060) Whole Grain Bun (WG) (208) Fluid Milk (5)	Bananas (004) Graham Crackers Honey (247) (WG) Fluid Milk (5)	Cabbage, Red / White (212) Oranges (025) Ham (046) Wheat Bread (WG) (036) Fluid Milk (5)
5	Pancakes (047) Pineapple Fluid Milk (5)	Oranges crackers	Carrots (164) Grapes (018) Chicken Thighs (034) Rolls (032) (WG) Fluid Milk (5)	Apples (001) Yogurt (110)	Lettuce and Tomato (182) Applesauce (002) Chicken Lunchmeat (030) Wheat Bread (WG) (036) Fluid Milk (5)