Sample Menu

MEAL PATTERN	Day: Monday Date:	Day: Tuesday Date:	Day: Wednesday Date:	Day: Thursday Date:	Day: Friday Date:	Day: Saturday Date:	Day: Sunday Date:
Breakfast							
	Waffles	Cold Cereal	Apncakes	Pop-Tarts	French Toast		
	Apple	Fruit Salad	Bananas	Melon	Blueberries		
	Milk	Milk	Milk	Milk	Milk		
AM Snack							
	Yogurt	Lowfat Cheese	Yogurt	String Cheese	Yogurt		
	Crackers	Pretzel, Soft	Cookies	Rice Cakes	Brownies		
	Applesauce	Apple Juice	Fruit Salad	Grapes	Fruit Salad		
	Milk	Milk	Milk	Milk	Milk		
Lunch							
	Refried Beans	Tuna	Chicken Franks	Salmon	Chicken Legs		
	Taco Shell	White Bread	Hot Dog Buns	White Rice	Macaroni Noodles		
	Bananas	Tomato Soup	Carrots	Broccoli	Carrots		
	Corn	Applesauce	Apricots	Applesauce	Applesauce		
	Milk	Milk	Milk	Milk	Milk		
PM Snack							
	Amrcn Cheese	Peanut Butter	String Cheese	Peanut Butter	Lowfat Cheese		
	Crackers	Crackers	Muffins	Crackers	Cookies		
	Apple	Apple	Applesauce	Bananas	Apple Juice		
	Milk	Milk	Milk	Milk	Milk		
Dinner							