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| **Requirements** | **Breakfast**Select 3 Food GroupsGrains/breadJuice/fruit/vegetableMilk/fluid | **Morning Snack**Select 2 of 4 groups Milk/fluidJuice/fruit/vegetableGrain/breadMeat/meat alternative | **Lunch**Select 4 Food GroupsMeat/meat alternativeVegetable/fruitGrain/breadMilk/fluidExtras | **Afternoon Snack**Select 2 of 4 groups Milk/fluidJuice/fruit/vegetableGrain/breadMeat/meat alternative |
| Monday | Kix Cereal Applesauce Milk | Geek Yogurt Peaches Water  | Fajita Style Sloppy JoeWhole Wheat BunPeas Bananas Milk | Apple Slices Sunbutter Agave Dip Water |
| Tuesday | Oatmeal Diced Pineapple Milk | Mixed Berry MuffinWater | TurkeyMashed Cauliflower CranberriesWhole Wheat Dinner RollMilk  | Quinoa Black Bean Salad Milk |
| Wednesday | Cheerios Diced Melon Milk | Mini Bagels Cream CheeseWater | Sweet Potato and Wild Rice Casserole Green BeansSliced Oranges Milk  | Whole Wheat CrackersCheese Stick Water |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |

Local and Hormone Free Milk and Dairy from Hastings Creamery

All Beef and Turkey Hormone Free

\*Water is provided throughout the day

\*Whole Milk for Children 2 & under \*Skim or 2% Milk for Children over 2

\*Whole wheat item must be provided every day