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| **Requirements** | **Breakfast**  Select 3 Food Groups  Grains/bread  Juice/fruit/vegetable  Milk/fluid | **Morning Snack**  Select 2 of 4 groups  Milk/fluid  Juice/fruit/vegetable  Grain/bread  Meat/meat alternative | **Lunch**  Select 4 Food Groups  Meat/meat alternative  Vegetable/fruit  Grain/bread  Milk/fluid  Extras | **Afternoon Snack**  Select 2 of 4 groups  Milk/fluid  Juice/fruit/vegetable  Grain/bread  Meat/meat alternative |
| Monday | Kix Cereal Applesauce Milk | Geek Yogurt Peaches Water | Fajita Style Sloppy Joe  Whole Wheat Bun  Peas  Bananas Milk | Apple Slices Sunbutter Agave Dip  Water |
| Tuesday | Oatmeal Diced Pineapple Milk | Mixed Berry Muffin  Water | Turkey  Mashed Cauliflower Cranberries  Whole Wheat Dinner Roll  Milk | Quinoa Black Bean Salad Milk |
| Wednesday | Cheerios Diced Melon Milk | Mini Bagels Cream Cheese  Water | Sweet Potato and Wild Rice Casserole  Green Beans  Sliced Oranges  Milk | Whole Wheat Crackers  Cheese 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