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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 | Cheerios  Banana  Milk | Pita Triangles  Hummus  Water | Grilled Cheese Sandwich  Broccoli  Orange Slices  Milk | Whole Wheat Crackers  String Cheese  Water |
| Tuesday | Scrambled Eggs Hash Browns  Orange Slices Milk | Greek Yogurt  Peaches  Water | Ground Beef Tacos  Cheese  Whole Wheat Tortilla  Steamed Corn  Mango  Milk | Cucumber Slices  Ranch Dip  Milk |
| Wednesday | Life Cereal Banana Milk | Sliced Apples  Graham Crackers Water | Herb Roasted Chicken  Mashed Cauliflower Diced Melon  Milk | Whole wheat Turkey & cheese Tortilla Rollup  Water |
| Thursday | Whole Wheat English Muffin  Sunbutter Sliced Pears Milk | Cottage Cheese Peaches Water | Oven Baked Chicken Tenders  Steamed Corn Diced Pineapple Milk | Whole Wheat Banana Bread Milk |
| Friday | Special K  Applesauce Milk | Mini Bagels Cream Cheese Water | Baked Tilapia  Rice Pilaf  Steamed Green Beans  Diced Melon Milk | Blanched Broccoli Ranch Dip Water |

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