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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 | CheeriosBananaMilk | Pita TrianglesHummusWater | Grilled Cheese Sandwich BroccoliOrange Slices Milk | Whole Wheat CrackersString CheeseWater |
| Tuesday | Scrambled Eggs Hash BrownsOrange Slices Milk | Greek YogurtPeachesWater | Ground Beef Tacos CheeseWhole Wheat TortillaSteamed CornMangoMilk  | Cucumber SlicesRanch DipMilk |
| Wednesday | Life Cereal Banana Milk | Sliced Apples Graham Crackers Water | Herb Roasted ChickenMashed Cauliflower Diced MelonMilk  | 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 TilapiaRice PilafSteamed Green BeansDiced 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