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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 | Special K Applesauce Milk | Apple Slices Sunbutter Water | Whole Wheat Pasta w/ Alfredo Sauce Steamed Broccoli Diced Mango Milk | Banana Bread Orange Wedges Water |
| Tuesday | Oatmeal  Diced Honeydew Milk | Spinach Smoothie  Water | Turkey Sloppy Joe Whole Wheat Bun Roasted Potatoes Diced Watermelon Milk | Quinoa Black Bean Salad  Water |
| Wednesday | Cheerios Orange Wedges Milk | Greek Yogurt Strawberries  Water | Whole Wheat Beef Stroganoff Steamed Mix Veggies Applesauce Milk | Sliced Cucumbers  Hummus  Water |
| Thursday | Cream of Wheat  Grapefruit Wedges Milk | Graham Crackers Diced Melon Water | Whole Wheat Macaroni & Cheese  Green Beans  Banana  Milk | Turkey and Cheese Roll Up Milk |
| Friday | Rice Chex Applesauce  Milk | Whole Wheat Mixed Berry Muffin Milk | Broccoli and Cheese Soup Steamed Carrots Fresh Peaches  Saltine Crackers Milk | String Cheese Bell Pepper Sticks  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