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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 | 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 | OatmealDiced Honeydew Milk | Spinach SmoothieWater | Turkey Sloppy Joe Whole Wheat Bun Roasted Potatoes Diced Watermelon Milk | Quinoa Black Bean SaladWater |
| Wednesday | Cheerios Orange Wedges Milk  | Greek Yogurt StrawberriesWater | Whole Wheat Beef Stroganoff Steamed Mix Veggies Applesauce Milk | Sliced Cucumbers HummusWater |
| Thursday | Cream of Wheat Grapefruit Wedges Milk | Graham Crackers Diced Melon Water | Whole Wheat Macaroni & CheeseGreen BeansBananaMilk | Turkey and Cheese Roll Up Milk |
| Friday | Rice Chex ApplesauceMilk | Whole Wheat Mixed Berry Muffin Milk | Broccoli and Cheese Soup Steamed Carrots Fresh Peaches Saltine Crackers Milk | String Cheese Bell Pepper SticksWater |

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