|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 | Kix Cereal Applesauce Milk | Diced Beet and Watermelon Salad with Feta Cheese & Basil Milk | Veggie Burger on a Wheat Bun Roasted Butternut SquashStrawberries Milk | Cottage Cheese Diced Pineapple Water |
| Tuesday | Cream of Wheat Grapefruit Wedges Milk | Whole Wheat Tortillas Bean Dip Water | Marinated Vegetable and Tortellini Salad Diced Watermelon Milk | Hard Boiled Egg V8 Juice |
| Wednesday | Special K Fresh Pears Milk | Whole Wheat Crackers Sunbutter Bananas Water | Cilantro Lime Fish Tacos Chili Spiced MangoLettuceCornMilk | Mozzarella Tomato And Basil Salad Milk |
| Thursday | Scrambled Egg w/Cheese Strawberries Milk  | Apple Slices Yogurt Dip Water | Beef and Veggie Stew Green Beans Fresh Pears Milk | Whole Wheat Pita Guacamole Milk |
| Friday | Cheerios Sliced Apples Milk | Blanched Cauliflower & Carrots Milk | Margherita Flatbread Pizza Peas Orange Wedges Milk | Whole Wheat Banana Bread Milk |

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