

Provider Name: _____ Vendor # _____ Phone Number: _____ - _____ - _____

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Fruit, Vegetable or 100% Juice	GUAVAS	HONEY DEW	PLUM	TANGERINE	TOMATO		
	Grain * Indicate Whole Grain with WG	WG OATMEAL	WG CHEERIOS*	PANCAKE	FR TOAST	WG ENG MUF		
	Meat /Meat Alternate **					CHEESE		
AM SNACK	Choose two of these four							
	Milk	CUCUMBERS	PINEAPPLE	CHICK PEAS	CANTELOPE	MIXED RAW VEG		
	Fruit or Vegetable							
	Meat/Meat Alternate							
Grain * Indicate Whole Grain with WG	WG RITZ CRACKERS	COTTAGE CHEESE	WG RICE CAKE	WG CHEESE ITS	YOGURT *			
LUNCH	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Meat/Meat Alternate	GR BEEF	LENTILS	CHICKEN	SALMON	MOZ CHEESE		
	Vegetable	CORN / TOM	KALE	SW POTATO	PEAS	SPINACH SALAD		
	Fruit or Vegetable	AVACADO	MIX VEG	APPLE	SQUASH	PINEAPPLE		
	Grain * Indicate Whole Grain with WG	WG TACO SHELL	WG RICE	WG QUINUA	WG BREAD	CRUST		
PM SNACK	Choose two of these four							
	Milk	CHERIES	TOMATO	BLUEBERRIES	CAULIFLOWER	PRUNES		
	Fruit or Vegetable							
	Meat/Meat Alternate							
Grain * Indicate Whole Grain with WG	YOGURT	WG TOAST	CHEESE CUBES	WG GOLD FISH	MILK			
SUPPER	Fluid Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit or Vegetable							
	Grain * Indicate Whole Grain with WG							