Serve whole grains once a day
Limit full strength juice to no more than 2x a week
Limit processed meats to one time a week

MENU FORM

MONTH: **Provider's Name:**

	CALENDAR DATE:							
BREAKFAST	**fluid milk** (1%/skim for 2 yrs+; whole for 1 yr old)							
	fruit, vegetable or full-strength juice							
	grain check small box if whole wheat or whole grain rich							
	meat/meat alternate (may sub for grain 3x a week)							
AM SNACK	**Choose two of these five:**							
	fluid milk (1%/skim for 2 yrs+; whole for 1 yr old)							
	fruit or full-strength juice							
	vegetable or full-strength juice							
	grain check small box if whole wheat or whole grain rich							
	meat and/or alternate							
LUNCH	**fluid milk** (1%/skim for 2 yrs+; whole for 1 yr old)							
	meat and/or alternate							
	vegetable or fruit							
	vegetable							
	grain check small box if whole wheat or whole grain rich							
PM SNACK	**Choose two of these five:**							
	fluid milk (1%/skim for 2 yrs+; whole for 1 yr old)							
	fruit or full-strength juice							
	vegetable or full-strength juice							
	grain check small box if whole wheat or whole grain rich							
	meat and/or alternate							
SUPPER	**fluid milk** (1%/skim for 2 yrs+; whole for 1 yr old)							
	meat and/or alternate							
	vegetable or fruit							
	vegetable							
	grain check small box if whole wheat or whole grain rich							