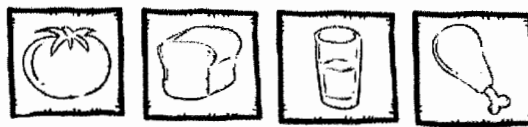


Serve whole grains once a day
 Limit full strength juice to no more than 2x a week
 Limit processed meats to one time a week



MENU FORM

Kids' Nutrition Company, Inc.

MONTH:

Provider's Name:

CALENDAR DATE:		Wed 1	Thurs 2	Fri 3	Mon 6	Tues 7	Wed 8	Thurs 9
BREAKFAST	<input type="checkbox"/> fluid milk (1% or skim for 2yr.+; whole milk for 1 yr. old)	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	<input type="checkbox"/> fruit, vegetable or full-strength juice	apples	oranges	bananas	peaches	catalope	Watermelon	strawberries
	<input type="checkbox"/> grain check small box if whole wheat or whole grain rich	toast <input checked="" type="checkbox"/>	Cheerios <input checked="" type="checkbox"/>	pancakes	rice chex <input checked="" type="checkbox"/>	oatmeal <input checked="" type="checkbox"/>	Bagel	eggs
	<input type="checkbox"/> meat/meat alternate (may sub for grain 3x a week)							
AM SNACK	Choose two of these five:							
	<input type="checkbox"/> fluid milk (1% or skim for 2yr.+; whole milk for 1 yr. old)	ritz	apples	Milk	Blueberries	Triscuits		Milk
	<input type="checkbox"/> fruit or full-strength juice							
	<input type="checkbox"/> vegetable or full-strength juice							
	<input type="checkbox"/> grain check small box if whole wheat or whole grain rich	Banana <input checked="" type="checkbox"/>	PButter <input type="checkbox"/>	goldfish <input checked="" type="checkbox"/>	yogurt <input type="checkbox"/>	Am cheese <input checked="" type="checkbox"/>		rice <input checked="" type="checkbox"/>
<input type="checkbox"/> meat and/or alternate								
LUNCH	<input type="checkbox"/> fluid milk (1% or skim for 2yr.+; whole milk for 1 yr. old)	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	<input type="checkbox"/> meat and/or alternate	h.m. Cheese	ham/chez	grd Beef	Chicken	turkey	Peanut Butter	tuna
	<input type="checkbox"/> vegetable or fruit	pears	peaches	carrots	Bkd potato	tossed salad	Banana	Watermelon
	<input type="checkbox"/> vegetable	tomato, peppers, mushroom	Broccoli	Lettuce/tomato	grn beans	tomato slices	carrots	peas
	<input type="checkbox"/> grain check small box if whole wheat or whole grain rich	pizzacrust <input checked="" type="checkbox"/>	tortilla <input type="checkbox"/>	Bun <input type="checkbox"/>	rolls <input type="checkbox"/>	Bread <input type="checkbox"/>	Bread <input checked="" type="checkbox"/>	Bread <input type="checkbox"/>
PM SNACK	Choose two of these five:							
	<input type="checkbox"/> fluid milk (1% or skim for 2yr.+; whole milk for 1 yr. old)	English muffin	Banana Bread		BBerry Muffin		tortilla	
	<input type="checkbox"/> fruit or full-strength juice							
	<input type="checkbox"/> vegetable or full-strength juice	orange juice <input checked="" type="checkbox"/>	milk <input checked="" type="checkbox"/>		applesauce <input checked="" type="checkbox"/>		cheese <input checked="" type="checkbox"/>	
	<input type="checkbox"/> meat and/or alternate							
SUPPER	<input type="checkbox"/> fluid milk (1% or skim for 2yr.+; whole milk for 1 yr. old)		Milk		Milk			Milk
	<input type="checkbox"/> meat and/or alternate		grd Beef		ham slices			pork chops
	<input type="checkbox"/> vegetable or fruit		h.m. spicy sauce		pineapple			applesauce
	<input type="checkbox"/> vegetable		gr. beans		mix veg.			pot potatoes
	<input type="checkbox"/> grain check small box if whole wheat or whole grain rich		noodles <input checked="" type="checkbox"/>		rolls <input type="checkbox"/>			rice <input checked="" type="checkbox"/>