

SUMMER MENU**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
Snack description (at least 2 food groups, 1 of which is vegetable or fruit)	CEREAL MILK & BLUEBERRIES	YOGHURT & PEACHES	PITA BREAD HUMMUS CUCUMBERS ½ CUP MILK	TOAST FRUIT & ½ CUP MILK	CARROT MUFFIN & ½ CUP JUICE
LUNCH					
Lunch description (All food groups are included)	SWEET & SOUR CHICKEN	FISH STICKS	LENTIL & VEGETABLE SOUP	HAMBURGERS & BROWN RICE	TUNA CASSEROLE
Vegetables & fruits	CORN	PEAS & CARROTS	CELERY GREEN PEPPER & MIXED VEG	CORN	TOMATO & CUCUMBER
Grain Products	WW NOODLES	BROWN RICE	BAGEL	WW PITA	WW BREAD
Milk & Alternative	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
Meat & Alternative	CHICKEN	FISH	LENTILS	GROUND BEEF	TUNA
*Others				MUSTARD & KETCHUP	
Afternoon Snack					
Snack description	RAISINS & VEGGIES & DIP	CRACKERS ORANGES & ½ CUP MILK	VEGGIE DIP & CRACKERS	BANANA & YOGHURT	FRUIT & ½ CUP MILK

*Others include condiments, sauces, spread and topping

NOTE: Vegetables and fruits posted on the menu may be switched to use fresh items and avoid waste.

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: _____ Date: _____

Distribution to: APRIL - Reception Notice Board - Dining Room - Classroom 1 only