

SUMMER MENU**WEEK 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK					
Snack description (at least 2 food groups, 1 of which is vegetable or fruit)	PITA BREAD & ORANGES	YOGHURT & PEACHES	TOAST & FRUIT	ORANGE MUFFIN & ½ CUP JUICE	RAISIN BREAD & APPLES
LUNCH					
Lunch description (All food groups are included)	SWEET & SOUR CHICKEN	PIZZA	CHICK PEAS, MACARONI & CHEESE	CHICKEN SOUP	SLOPPY JOES
Vegetables & fruits	MIXED VEGGIES	MIXED VEGGIES	CORN	MIXED VEGGIES	GREEN SALAD
Grain Products	BROWN RICE	WW CRUST	WW PASTA	WW BAGEL	WW BUN
Milk & Alternative	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
Meat & Alternative	CHICKEN	HAM	LENTILS	CHICKEN	GROUND BEEF
*Others					
Afternoon Snack					
Snack description	GRANOLA, CUCUMBER & MILK	CARROT LOAF & MILK	FRUIT & OAT SQUARES & MILK	FRUIT SALAD & ½ CUP MILK	SNACK VEGGIES & YOGHURT DIP

*Others include condiments, sauces, spread and topping

NOTE: Vegetables and fruits posted 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