


Menu Planner

<i>Start with Fruits & Vegetables (offer 2- 3 from the list below)</i>	<i>Add Dairy</i>	<i>Add Cereal/Grain Products</i>	<i>Optional</i>
<ul style="list-style-type: none"> ▪ Bananas ▪ Apples ▪ Oranges / Clementines ▪ Grapes ▪ Seasonal Fruit (plums, peaches, pears, apricots, strawberries) ▪ Melon wedges or cubes (cantaloupe, honeydew, watermelon) ▪ Baby carrots and/or raw vegetables (celery, cherry tomatoes, cucumbers, peppers) ▪ Fruit bowls (unsweetened/packed in juice) ▪ Applesauce (unsweetened) 	<ul style="list-style-type: none"> ▪ Milk ▪ Yogurt / Yogurt parfaits ▪ Cheese <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> ▪ Cereals: (Original or Multigrain Cheerios, Life, Quaker Corn Bran Squares, Quaker Oat Bran Squares, Mini Wheats, Shreddies). ▪ Prepare a mix of assorted cereals in resealable bags (dried fruit can be added). Students arriving just as the program is closing can take one with them along with a piece of fruit as a quick, nutritious snack. ▪ Whole-grain bread/ bagel / pita/ English muffin ▪ <u>Once a week only:</u> granola bars <i>or</i> muffins <i>or</i> waffles <i>or</i> pancakes 	<ul style="list-style-type: none"> ▪ Eggs (hard-boiled, scrambled) ▪ Hummus