

# MENU PLANNING

## Menu Sample: Week 1

Food Choice		Monday	Tuesday	Wednesday	Thursday	Friday
Snack - Include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Frozen fruit	Canned peaches	Applesauce	Strawberries	Banana slices
Whole Grains			Whole grain cereal	Whole wheat toast	Whole wheat pita triangles	Oat granola
Protein		Yogurt	Milk	Hard boiled eggs	Chocolate hummus	Yogurt
Meal/Lunch - include choices from all food groupings						
Entrée Name		Tomato Beef Pasta Bake	Stuffed Pepper Casserole	Three Bean Chili and Buns	Tuna Sandwiches and Squash Soup	Chicken Caesar Salad Wraps
Vegetables and Fruits (2 choices)		Frozen <b>carrots</b> & <b>peas</b>	<b>Peppers</b> , onions	Tomatoes, corn	<b>Squash Soup</b>	<b>Broccoli florets</b>
		Bananas	<b>Garden Salad</b>	<b>Green beans</b>	<b>Green Peppers</b>	<b>Romaine lettuce</b>
Whole Grains		Whole wheat pasta	Brown rice	Whole wheat bun	Whole grain bread	Whole wheat tortilla
Iron-rich Protein		Ground beef	Ground turkey or lentils	Mixed canned beans	Tuna	Chicken or tofu
Milk		Milk	Milk	Milk	Milk	Milk
Snack - include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Raw vegetables	Cucumbers	Melon slices	Canned pineapple	<b>Carrots</b>
Whole Grains		Whole grain crackers	Whole grain mini bagels		Mini oat muffin	'Carrot cake' oatmeal squares
Protein		Hummus	Spinach dip (cottage cheese)	Cheese cubes	Cottage cheese	

# MENU PLANNING

## Menu Sample: Week 2

WEEK 2	Food Choice	Monday	Tuesday	Wednesday	Thursday	Friday
	Snack - Include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)					
	Vegetables and Fruits	Canned pears	Fruit salad	Orange peppers, cucumber	Canned pineapple	Frozen berries
	Whole Grains	Whole grain cereal	Whole grain cinnamon pita triangles	Whole wheat naan		Whole wheat English muffins
	Protein	Milk		Hummus	Cottage cheese	Hard boiled eggs
	Meal/Lunch - include choices from all food groupings					
	Entrée Name	Lasagna, Caesar salad and green beans	Salmon & tuna salad sandwiches, raw veggies	Taco casserole with mixed vegetables	Lentil & cauliflower Daal over rice	Broccoli chicken pasta bake
	Vegetables and Fruits (2 choices)	Romaine lettuce	Sliced peppers Carrots, celery	Lettuce, tomatoes, corn	Cauliflower, peas	Broccoli
		Green beans	Romaine lettuce	Frozen carrots & peas	Apple slices	Spinach
	Whole Grains	Whole wheat pasta	Whole wheat bread	Quinoa	Brown rice	Whole wheat pasta
	Iron-rich Protein	Ground turkey or tofu	Tuna or salmon	Ground beef and/or black beans	Red lentils	Shredded chicken
	Milk	Milk	Milk	Milk	Milk	Milk
	Snack - include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)					
	Vegetables and Fruits	Apple Slices	Bananas	Applesauce	Canned mandarin oranges	Green, red and orange peppers
	Whole Grains	Whole wheat crackers	Whole wheat tortillas	Whole grain oat muffins	Homemade granola bars	
	Protein		Wow butter	Milk		Hummus

# MENU PLANNING

## Menu Sample: Week 3

Food Choice		Monday	Tuesday	Wednesday	Thursday	Friday
Snack - Include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Frozen berries	Apple slices	Blueberries	Applesauce	Mangoes, strawberries
Whole Grains		Whole wheat toast with cinnamon	Whole wheat crackers		Mini bran muffin	Whole wheat bagel slices
Protein			Cheese cubes	Frozen yogurt		Hard boiled eggs
Meal/Lunch - include choices from all food groupings						
Entrée Name		Chicken noddle soup	Squash spinach frittata, garden salad	Turkey chili	Chicken (or tofu) stir fry	Lentil sloppy joes, coleslaw
Vegetables and Fruits (2 choices)		Celery, <b>peas</b> , <b>carrots</b> , onions (in the soup)	<b>Butternut squash</b> , <b>spinach</b>	Canned tomatoes, chopped <b>peppers</b>	Sliced <b>mixed peppers</b> , mushrooms	Tomatoes
		Frozen strawberries	<b>Garden salad</b>	Corn	Green beans	Coleslaw
Whole Grains		Whole grain roll, pasta	Whole grain baguette	Whole wheat pita chips	Brown rice	Whole grain bun
Iron-rich Protein		Chopped chicken, white beans	Black beans, eggs	Turkey, red kidney beans	Chicken or tofu	Red lentils
Milk		Milk	Milk	Milk	Milk	Milk
Snack - include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Orange slices	<b>Peppers</b> , <b>carrots</b>	Yellow zucchini spears	Canned pineapple	Grated veggies, chopped <b>spinach</b>
Whole Grains		Whole wheat crackers	Whole grain pita strips	Whole wheat naan		Whole wheat tortillas (veggie pinwheels)
Protein		Deviled eggs	Hummus	Yogurt spinach dip	Cottage cheese	Black bean dip

# MENU PLANNING

## Menu Sample: Week 4

Food Choice		Monday	Tuesday	Wednesday	Thursday	Friday
Snack - Include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Apple slices	Frozen fruit	Orange slices	Sliced <b>peppers</b>	Frozen berries (popsicles)
Whole Grains		Whole grain crackers	Oatmeal squares	<b>Carrot</b> and raisin bran muffins	Whole grain pitas	Homemade granola bars
Protein		Salmon balls			Hummus	
Meal/Lunch - include choices from all food groupings						
Entrée Name		Crustless broccoli <b>quiche</b>	<b>Vegetarian lasagna</b>	<b>Fish &amp; vegetable chowder</b>	Green pasta, chicken & sweet potatoes	Pork tenderloin, squash with apples
Vegetables and Fruits (2 choices)		<b>Broccoli</b>	<b>Peas</b>	Potatoes, carrots, celery	<b>Baked sweet potato wedges</b>	Acorn squash and apples
		Diced <b>carrots</b>	Garden salad	Canned peaches	<b>Spinach, broccoli</b> (blended in a sauce)	Frozen cauliflower <b>broccoli</b> mix
Whole Grains		Whole grain baguette	Whole grain lasagna noodles	Whole wheat crackers	Whole grain pasta	Brown rice
Iron-rich Protein		Eggs, cottage cheese	Tofu, bean puree	Haddock (or other white fish)	Chicken tenders or tempeh	Pork tenderloin
Milk		Milk	Milk, cheese	Milk	Milk	Milk
Snack - include a vegetable and fruit choice and <b><u>at least</u></b> one choice of protein (Snack A) or whole grain (Snack B)						
Vegetables and Fruits		Bananas	Applesauce	<b>Peppers, spinach, tomatoes</b>	Melon slices	Canned fruit cocktail
Whole Grains		Blueberry lemon whole grain muffins	Whole grain banana bread	Mini frittatas	Quinoa balls (Wowbutter)	Whole grain bread
Protein			Wowbutter	Egg, black bean, cheese	Wowbutter	Egg salad