

Week of _____ Week 1

Meal Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<i>Whole Grain Product/Protein</i>	Regular Diet: Pancakes (whole grain homemade) Apples Milk	Regular Diet: Cereals (Whole grains) Bananas Milk	Regular Diet: Bagels Cream cheese Apples Milk	Regular Diet: Oatmeal Apple Milk	Regular Diet: Toast with cream cheese Apple Milk
	<i>fruit/Vegetable</i> <i>Milk or Water served.</i>	Dairy Free: Pancakes (whole grain homemade, egg free, milk free) Apples Soya Milk	Dairy Free Diet: Cereals Bananas Soya Milk	Dairy Free Diet: Toast Nut Butter Apples Soya Milk	Dairy Free Diet: Oatmeal Apple Soya Milk	Dairy Free Diet: Toast Nut Butter Apple Soya Milk
Lunch	<i>Whole Grain Product</i>	Regular & Dairy Free Diet: Chicken (backed)	Regular Diet: Mashed Potatoes Turkey Meatballs (Homemade) Oranges Water	Regular and Dairy Free Diet: Lentils soup with vegetables (Potatoes, swiss chard, onions)	Regular & Dairy Free Diet: Meat Spaghetti with red tomato sauce	Regular Diet: Toast Tuna & cheese melt Water Oranges
	<i>fruit/Vegetable</i>	Rice (whole grains & black rice)	Dairy Free Diet: Boiled Potatoes Turkey Meatballs (Homemade) Oranges Water	Bread and plant based margarine	Pears	Dairy Free Diet: Toast Tuna Oranges Water
	<i>Protein</i>	Vegetables (carrots, green beans, corn-steamed)		Water	Water	
<i>Milk or Water served.</i>	Oranges Water					
PM	<i>Whole Grain Product/Protein</i>	Regular Diet: Pita (whole grain) Hummus (homemade) Cucumber, carrots Water	Regular and Dairy Free Diet: Muffins (No eggs, no milk)	Regular and Dairy Free Diet: Carrot & Broccoli	Regular and Dairy Free Diet: Muffins (No eggs, no milk)	Regular and Dairy Free Diet: Toast with nut or seed butter
	<i>fruit/Vegetable</i> <i>Milk or Water served</i>	Dairy Free Diet: Toast Hummus (homemade) Cucumber, carrots Water	Melon Water	Bananas Crackers Water	Oranges Water	Apples Water

SNACKS: *offer vegetables or fruit at each snack. Add a protein, a whole grain or both *Serve snacks with water or milk to drink.

LUNCH: *1/2 of the meal as vegetables and fruits *1/4 of the meal as protein foods *1/4 of the meal as whole grain foods *offer water or milk to drink

Updated February 2023