Week of the Menu Cycle:	

			Monday	Tuesday	Wednesday	Thursday	Friday
CK	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
		Whole Grains					
SNACK		Protein					
	Ç	Other					
		Entrée Name					
	Includes choices from all food groups	Vegetables and Fruits					
LUNCH		Whole Grains					
=		Iron-Rich Protein					
		Milk					
		Other					
	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
SNACK		Whole Grains					
		Protein					
		Other					

Week of the Menu Cycle:	

			Monday	Tuesday	Wednesday	Thursday	Friday
CK	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
		Whole Grains					
SNACK		Protein					
	Ç	Other					
		Entrée Name					
	Includes choices from all food groups	Vegetables and Fruits					
LUNCH		Whole Grains					
=		Iron-Rich Protein					
		Milk					
		Other					
	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
SNACK		Whole Grains					
		Protein					
		Other					

Week of the Menu Cycle:	

			Monday	Tuesday	Wednesday	Thursday	Friday
CK	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
		Whole Grains					
SNACK		Protein					
	Ç	Other					
		Entrée Name					
	Includes choices from all food groups	Vegetables and Fruits					
LUNCH		Whole Grains					
=		Iron-Rich Protein					
		Milk					
		Other					
	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
SNACK		Whole Grains					
		Protein					
		Other					

Week of the Menu Cycle:	

			Monday	Tuesday	Wednesday	Thursday	Friday
CK	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
		Whole Grains					
SNACK		Protein					
	Ç	Other					
		Entrée Name					
	Includes choices from all food groups	Vegetables and Fruits					
LUNCH		Whole Grains					
=		Iron-Rich Protein					
		Milk					
		Other					
	Vegetable and fruit choice and at least one choice of protein or whole grain	Vegetables and Fruits					
SNACK		Whole Grains					
		Protein					
		Other					