

Healthy Snack: Menu Template

Month: _____

School: _____ Coordinator: _____ Phone & Email: _____

Healthy Snack Requirements: Vegetable or Fruit + 1 other food group		Offer 1 full food guide serving of:	Offer 1 full food guide serving of 1 additional food group:			Limit to 1 item per meal:
		Vegetables and Fruit	Milk and Alternatives	Grain Products	Meat and Alternatives	Miscellaneous Foods to Limit
		<ul style="list-style-type: none"> • ½ cup vegetables or fruit (fresh, frozen or canned in water) • 1 medium whole fruit • ¼ cup dried fruit • ¼ cup fresh salsa 	<ul style="list-style-type: none"> • 1 cup milk • 1 cup fortified soy beverage • 1 cup cottage cheese • 50 g cheese • ¾ cup (175 mL) yogurt • 200 mL yogurt drink 	<ul style="list-style-type: none"> • 1 slice bread • ½ bagel, English muffin, pita or large tortilla • 30 g cold cereal • ¾ cup hot cereal • 30 g whole grain crackers 	<ul style="list-style-type: none"> • 2 eggs • 1 small hummus container • 125 mL (1/2 cup) canned fish 	<ul style="list-style-type: none"> • 1 tbsp. jam, cream cheese, honey, or salad dressing • 1 tsp non-hydrogenated margarine or butter
Week 1 Menu	Monday	½ cup sliced green peppers		6 <i>Christie Triscuits</i> low sodium crackers		
	Tuesday	1 apple	50g cheddar cheese cubes			
	Wednesday	½ cup baby carrots			<i>Summerfresh</i> mini hummus container	
	Thursday	½ cup mixed berries	¾ cup Plain Greek yogurt			1 tbsp. honey
	Friday	½ cup sliced cucumbers			2 hard-boiled eggs	

Blended Program: Menu Template

Month: _____

School: _____ Coordinator: _____ Phone & Email: _____

Blended Program Requirements: Vegetable or Fruit for the entire school + 2 additional food groups available		Offer 1 full food guide serving to ALL students:	Offer 2 full food guide servings of 2 additional food groups:			Limit to 1 item per meal:
		Vegetables and Fruit	Milk and Alternatives	Grain Products	Meat and Alternatives	Miscellaneous Foods to Limit
		<ul style="list-style-type: none"> • ½ cup vegetables or fruit (fresh, frozen or canned in water) • 1 medium whole fruit • ¼ cup dried fruit • ¼ cup fresh salsa 	<ul style="list-style-type: none"> • 1 cup milk • 1 cup fortified soy beverage • 1 cup cottage cheese • 50 g cheese • ¾ cup (175 mL) yogurt • 200 mL yogurt drink 	<ul style="list-style-type: none"> • 1 slice bread • ½ bagel, English muffin, pita or large tortilla • 30 g cold cereal • ¾ cup hot cereal • 30 g crackers – whole grain 	<ul style="list-style-type: none"> • 2 eggs • 1 mini hummus cup • 125 mL (1/2 cup) canned fish 	<ul style="list-style-type: none"> • 1 tbsp. jam, cream cheese, honey, or salad dressing • 1 tsp non-hydrogenated margarine or butter
Week 1 Menu	Monday	1 cup romaine lettuce	50g mozzarella cubes	½ whole grain pita		1 tbsp. Caesar dressing
	Tuesday	1 medium banana	1 cup white milk	30g <i>Quaker corn bran squares</i> cereal		
	Wednesday	1 mini cucumber		1 slice whole grain bread	2 boiled eggs	1tsp butter
	Thursday	1 medium slice cantaloupe	1 cup cottage cheese	4-6 whole wheat melba toast		
	Friday	½ cup broccoli florets	¾ cup vanilla yogurt	1 <i>kashi 7 grains with quinoa</i> granola bar		

Healthy Meal: Menu Template

Month: _____

School: _____ Coordinator: _____ Phone & Email: _____

Healthy Meal Requirements: Vegetable or Fruit + a Dairy Product + 1 additional food group		Offer 1 full food guide serving of:	Offer 1 full food guide serving of:	Offer 1 full food guide serving of 1 additional food group:		Limit to 1 item per meal:
		Vegetables and Fruit	Milk and Alternatives	Grain Products	Meat and Alternatives	Miscellaneous Foods to Limit
		<ul style="list-style-type: none"> • ½ cup vegetables or fruit (fresh, frozen or canned in water) • 1 medium whole fruit • ¼ cup dried fruit • ¼ cup fresh salsa 	<ul style="list-style-type: none"> • 1 cup milk • 1 cup fortified soy beverage • 1 cup cottage cheese • 50 g cheese • ¾ cup (175 mL) yogurt • 200 mL yogurt drink 	<ul style="list-style-type: none"> • 1 slice bread • ½ bagel, English muffin, pita or large tortilla • 30 g cold cereal • ¾ cup hot cereal • 30 g crackers – whole grain 	<ul style="list-style-type: none"> • 2 eggs • 1 mini hummus cup • 125 mL (1/2 cup) canned fish 	<ul style="list-style-type: none"> • 1 tbsp. jam, cream cheese, honey, or salad dressing • 1 tsp non-hydrogenated margarine or butter
Week 1 Menu	Monday	1 cup mixed lettuce and shredded carrot	50g shredded mozzarella	½ large whole grain tortilla		1 tbsp. ranch dressing
	Tuesday	½ cup mixed berries	1 cup milk	30g cheerios		1 tbsp. honey
	Wednesday	½ cup cherry tomatoes	50g of cheddar cheese	½ whole grain English muffin		1tsp cream cheese
	Thursday	1 medium sliced orange	1 cup cottage cheese	2-3 Ryvita crackers		
	Friday	½ cup celery	50g cheddar cheese cubes		Mini hummus cups	