

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Whole Grain Bagel w/Low fat Cream Cheese Orange 1% Milk	Breakfast Burrito* w/ Whole Wheat Tortilla Banana 1% Milk	Whole Wheat Pancakes w/ Syrup and Turkey Bacon Applesauce 1% Milk	Scrambled Eggs w/Whole Wheat Toast Pineapple Tidbits 1% Milk	Strawberry Yogurt Shake* Granola Bar Orange Slices 1% Milk (Plain, Flavored)
Week 2				
Whole Wheat French Toast Sticks w/Syrup and Turkey Sausage Cantaloupe Chunks 1% Milk	Assorted Cereals Nutri-Grain Bar Honeydew Chunks 1% Milk	Whole Grain Bagel w/Egg and Cheese Banana 1% Milk	Assorted Yogurts and Granola* Blueberries 1% Milk	Apricot Nut Squares** Assorted Cereals Cantaloupe Chunks 1% Milk (Plain, Flavored)
Week 3				
Eggs w/ Wheat Toast and Home Fries Sliced Oranges 1% Milk	Strawberry Yogurt Shake* Nutri-Grain Bar Apple Slices 1% Milk	Whole Wheat Waffles w/ Syrup Grapefruit Sections 1% Milk	Breakfast Pizza* Honeydew Chunks 1% Milk	Oatmeal Assorted Cereals Raisins 1% Milk (Plain, Flavored)
Week 4				
Whole Grain Raisin Muffin** Assorted Cereals Banana 1% Milk	Whole Grain Bagel w/ Peanut Butter (Soy Nut Butter) Apple Slices 1% Milk	Yogurt and Granola* Assorted Cereals Banana 1% Milk	Whole Wheat Toast w/Scrambled Eggs Pineapple Tidbits 1% Milk	Banana Bread** Assorted Cereals Orange Slices 1% Milk (Plain, Flavored)

*Recipe included in toolkit

**Recipe included on CD