

LITTLE FLOWER'S WEEKLY MEAL PLAN EXAMPLE

WEEK 1

MENU PLAN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK	Milk	Milk	Milk	Milk	Milk
	FRUIT, VEG or JUICE	Oranges	Banana	Peaches	Mandarin Oranges	Pineapple
	BREAD or ALTERNATE	Waffles	Quaker Life Cereal	Pancakes	Toast	French Toast
	MEAT or ALTERNATE				Egg Pattie	
	OTHER(OPTIONAL)					
LUNCH	MILK	Milk	Milk	Milk	Milk	Milk
	MEAT or ALTERNATE	Sausage Pattie	Fish Shapes+	Orange Chicken*	Ham and Cheese Sauce*	Chicken Tenders+
	VEGETABLE COMPONENT	Baked Beans	Broccoli	Steamed Carrots	Peas	Lettuce, Tomato & Cucumber Salad*
	FRUIT or VEGETABLE COMPONENT	Pineapple	Mash	Apples	Pinapple	Apples
	BREAD or ALTERNATE	Bread & Butter	Bread & Butter	Rice	Macaroni	Bread & Butter
PM**	(CHOOSE 2 OUT OF 4)	(CHOOSE 2)	(CHOOSE 2)	(CHOOSE 2)	(CHOOSE 2)	(CHOOSE 2)
SNACK	FRUIT COMPONENT or JUICE		Mandarin Oranges	Orange	Apples	
	VEGETABLE COMPONENT	Carrot Sticks				Celery
	MILK					
	BREAD or ALTERNATE	Pretzels		Wheat Thins	Goldfish	Corn Dog Nuggets+
	MEAT or ALTERNATE		Yogurt			(Combintion Food)

Fresh, frozen, or canned fruit/veg must be served twice each week for breakfast and snack. Juice may be served no more than once a day.

1 Whole Grain per day plus 1 whole grain or enriched item.

**Only 2 sweets are allowed for breakfast and snack each week. + indicates CN Label * indicates homemade