



Menu Plan

Week #1	Grain	Dairy/Alternatives	Fruit/Veggie	Allergy/Sensitivity Alternative
Tuesday	multigrain & plain Cheerios		cantaloupe	
Wednesday	multigrain & plain Cheerios		cantaloupe	
Thursday	whole grain crackers	cheese	grapes, halved	gluten free crackers hummus
Friday	whole grain crackers	cheese	grapes, halved	

Each snack is to include 1 choice from 2 different food groups. If a substitution is being used, stroke out the item being substituted and write the substitution clearly below in the same column. This menu to be kept on file for 30 days after posting is complete.



Menu Plan

Week #2	Grain	Dairy/Alternatives	Fruit/Veggie	Allergy/Sensitivity Alternative
Tuesday	oatmeal		apples	
Wednesday	oatmeal		apples	
Thursday	whole grain crackers	hummus	peppers	gluten free crackers
Friday	whole grain crackers	hummus	peppers	

Each snack is to include 1 choice from 2 different food groups. If a substitution is being used, stroke out the item being substituted and write the substitution clearly below in the same column. This menu to be kept on file for 30 days after posting is complete.



Menu Plan

Week #3	Grain	Dairy/Alternatives	Fruit/Veggie	Allergy/Sensitivity Alternative
Tuesday	whole grain crackers	cheese	cucumber	gluten free crackers hummus
Wednesday	whole grain crackers	cheese	cucumber	
Thursday		yogurt	bananas	blueberry unsweetened applesauce
Friday		yogurt	bananas	

Each snack is to include 1 choice from 2 different food groups. If a substitution is being used, stroke out the item being substituted and write the substitution clearly below in the same column. This menu to be kept on file for 30 days after posting is complete.



Menu Plan

Week #4	Grain	Dairy/Alternatives	Fruit/Veggie	Allergy/Sensitivity Alternative
Tuesday	multigrain & plain Cheerios		unsweetened applesauce	
Wednesday	multigrain & plain Cheerios		unsweetened applesauce	
Thursday	whole grain pita or naan	hummus	pear	gluten free crackers
Friday	whole grain pita or naan	hummus	pear	

Each snack is to include 1 choice from 2 different food groups. If a substitution is being used, stroke out the item being substituted and write the substitution clearly below in the same column. This menu to be kept on file for 30 days after posting is complete.