

Menu Activity: How can this menu be improved?

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Banana Milk	Cereal 100% Juice Milk	Toaster Pastry 100% Juice Milk	Cereal Banana Milk	Chocolate Chip Muffin Fruit Cocktail Milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Sticks French Fries Pears White Bread Milk	Chicken Nuggets Tator Tots Corn Milk	Spaghetti with Meat Sauce Peaches Milk	Lasagna Banana Green Beans Milk	Hot Dogs Fruit Cocktail Mixed Veggies White Bun Milk

PM Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Animal Crackers Milk	Graham Crackers Milk	Cookies 100% Juice	Cheese Sauce Tortilla Chips Water	Granola Bar 100% Juice

Offer a variety of foods each day and the week

Use fresh produce

Try whole grains

Limit high fat foods

Strive for Balance

Emphasize Variety

Add Contrast

Think About Color

Consider Eye Appeal

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