

MONTH: _____

COLD MENU



MON		TUES		WED		THURS		FRI	
DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:
MENU: Wheat breads Sliced cheese		MENU: Oatmeal cookie Yogurt		MENU: Raisin bread and jam Mozzarella cheese		MENU: Healthy breakfast cookies Yogurt		MENU: Cereals	
FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:
DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:
MENU: Oatmeal cookie Mozzarella cheese		MENU: Raisin bread and jam Sliced cheese		MENU: Banana squares Yogurt		MENU: Cereals		MENU: Healthy small fruit breakfast bar Yogurt	
FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:
DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:	DATE:	# STUDENTS:
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FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:
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FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:	FRUIT/ VEG:	DRINK:

NOTES:

Make water your breakfast program's drink of choice. Offer it every day. Encourage the students to bring with them a water bottle. Serve maximum two meals per week with milk. Offer minimum one protein per meal (yogurt, cheese, milk). Offer one fruit and vegetable option from available selection, including 5 meals with apple sauce.