



## PRACTICES

### Week one sample menu:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b> Vegetable/Fruit: <i>Orange wedges</i> Food #2: <i>Plain low-fat yogurt</i> Beverage: Water	<b>SNACK</b> Vegetable/Fruit: <i>Cucumber and pepper slices</i> Food #2: <i>Hummus</i> Beverage: Water	<b>SNACK</b> Vegetable/Fruit: <i>Fresh or frozen berries</i> Food #2: <i>Stoned wheat crackers</i> Beverage: Water	<b>SNACK</b> Vegetable/Fruit: <i>Fruity Smoothie</i> <i>With frozen fruit, yogurt and milk blended</i> Food #2: Beverage: Water	<b>SNACK</b> Vegetable/Fruit: <i>Quartered cherry tomatoes</i> Food #2: <i>Cottage cheese dip</i> Beverage: Water
<b>MEAL</b> <i>Pita sandwich</i> Veg/Fruit: <i>Pepper and cucumber slices</i> Grain product: <i>Half a whole wheat pita</i> Milk and alternatives: <i>Hard cheese slices</i> Meat and alternatives: <i>Baked chicken chunks</i> Beverage: Water	<b>MEAL</b> <i>Egg salad sandwich</i> Veg/Fruit: <i>Orange wedges</i> Grain product: <i>Whole wheat bread</i> Milk and alternatives: <i>½ cup milk (125mL)</i> Meat and alternatives: <i>Egg salad (chopped egg, mayo, chopped celery)</i> Beverage: Water	<b>MEAL</b> <i>Pizza</i> Veg/Fruit: <i>Chopped mushrooms, peppers and tomato sauce</i> Grain product: <i>Whole wheat English muffin</i> Milk and alternatives: <i>Shredded cheese</i> Meat and alternatives: <i>Reduced fat pepperoni slices</i> Beverage: Water	<b>MEAL</b> <i>Vegetable soup</i> Veg/Fruit: <i>Celery, carrots, peppers, zucchini, diced tomato, low salt (sodium) vegetable broth</i> Grain product: <i>Whole wheat bun or bread</i> Milk and alternatives: <i>½ cup milk (125mL)</i> Meat and alternatives: <i>Beans (any type)</i> Beverage: Water	<b>MEAL</b> <i>Pasta</i> Veg/Fruit: <i>Mushrooms, tomatoes, broccoli, tomato sauce</i> Grain product: <i>Whole wheat penne</i> Milk and alternatives: <i>Shredded cheese</i> Meat and alternatives: <i>Ground beef or ground turkey</i> Beverage: Water
<b>SNACK</b> Vegetable/fruit: <i>Steamed broccoli and carrots, chilled</i> Food #2: <i>Carrot bran muffins</i> Beverage: Water	<b>SNACK</b> Vegetable/fruit: <i>Banana slices</i> Food #2: <i>Low-fat yogurt</i> Beverage: Water	<b>SNACK</b> Vegetable/fruit: <i>Steamed zucchini</i> Food #2: <i>Banana bread</i> Beverage: Water	<b>SNACK</b> Vegetable/fruit: Food #2: <i>Monkey tails, half a banana, dipped and frozen in yogurt</i> Beverage: Water	<b>SNACK</b> Vegetable/fruit: <i>Apple sauce</i> Food #2: <i>Sliced hard boiled egg</i> Beverage: Water