



PRACTICES

Week two sample menu:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK Vegetable/Fruit: Banana slices Food #2: Hard cheese chunks Beverage: Water	SNACK Vegetable/Fruit: Quartered cherry tomatoes and cucumber slices Food #2: Hummus Beverage: Water	SNACK Vegetable/Fruit: Orange wedges Food #2: Whole wheat toast Beverage: Water	SNACK Vegetable/Fruit: Oven roasted potato wedges Food #2: Shredded cheese Beverage: Water	SNACK Vegetable/Fruit: Fresh or frozen blueberries & sliced bananas Food #2: Whole wheat pancakes Beverage: Water
MEAL Quesadilla Veg/Fruit: Chopped peppers, and tomato. Salsa to top Grain product: Whole wheat tortilla Milk and alternatives: Shredded cheese Meat and alternatives: Black beans (or chicken or beef) Beverage: Water	MEAL Tuna salad sandwich Veg/Fruit: Chopped celery and peppers Grain product: Whole wheat bread Milk and alternatives: ½ cup milk (125mL) Meat and alternatives: Canned tuna, flaked Beverage: Water	MEAL Taco salad Veg/Fruit: Shredded lettuce, chopped tomatoes, peppers, onion Grain product: Baked whole wheat pita chips (home made) Milk and alternatives: Shredded cheese Meat and alternatives: Ground beef or beans Beverage: Water	MEAL Ham & cheese sandwiches Veg/Fruit: Quartered grapes Grain product: Whole wheat bread Milk and alternatives: Cheddar cheese Meat and alternatives: Ham Beverage: Water	MEAL Spinach salad Veg/Fruit: Spinach and mushrooms Grain product: Stoned wheat crackers Milk and alternatives: ½ cup plain milk (125mL) Meat and alternatives: Hard boiled egg, sliced Beverage: Water
SNACK Vegetable/fruit: Cucumber slices Food #2: Oatmeal crunchies Beverage: Water	SNACK Vegetable/fruit: Frozen berries Food #2: Sliced hard boiled egg Beverage: Water	SNACK Vegetable/fruit: Baked squash (skin removed) or yams Food #2: Cheese chunks Beverage: Water	SNACK Vegetable/fruit: Fruit fondue (canned pineapple, banana chunks, berries) Food #2: Plain low-fat yogurt sweetened with honey Beverage: Water	SNACK Vegetable/fruit: Orange wedges Food #2: Baked chicken or tofu chunks Beverage: Water