

MOBRIDGE WEEKLY MENU

****Whole grain (WG) must be served one time per day and WG noted on menu.**

DATE	BREAKFAST (Must include Bread/Grain, Fruit/Vegetable, & Milk)	PM SNACK (Must include two food groups)
MONDAY	FOOD SERVING SIZE QUANTITY PREPARED	FOOD SERVING SIZE QUANTITY PREPARED
TUESDAY	FOOD SERVING SIZE QUANTITY PREPARED	FOOD SERVING SIZE QUANTITY PREPARED
WEDNESDAY	FOOD SERVING SIZE QUANTITY PREPARED	FOOD SERVING SIZE QUANTITY PREPARED
THURSDAY	FOOD SERVING SIZE QUANTITY PREPARED	FOOD SERVING SIZE QUANTITY PREPARED
FOR AMOUNT PREPARED: *LIST WEIGHT/QUANTITY OF ITEMS (OZ., LB. GAL., ETC.) *SEE BREAD/GRAIN CHART FOR REQUIRED WEIGHT. ATTACH WHOLE GRAIN INGREDIENT LABEL TO THIS FORM. ALSO ATTACH CEREAL AND YOGURT INGREDIENT LABELS. NEED ONE LABEL PER ITEM PER SCHOOL YEAR. *PEANUT BUTTER FOR PM SNACK=1 TABLESPOON. (Meat alternate) *YOGURT FOR PM SNACK=2 oz. (¼ c.). (Meat alternate) *SPECIFY FRESH OR CANNED FRUIT. *1 BANANA OR ORANGE=1/2 CUP / *1 APPLE =1 CUP **If serve juice AM & PM, A whole grain must be served at both AM & PM.		SNACKS: SELECT AT LEAST TWO DIFFERENT FOOD GROUPS (CANNOT BE MILK AND JUICE) MEAT/MEAT ALTERNATE ½ OUNCE FRUIT &/OR VEGETABLE ½ CUP BREAD/GRAIN ½ SLICE/SERVING (whole grain or enriched) Cold Cereal 1/3 CUP/1/2 OZ. 1% MILK ½ CUP