

## Arrowhead Head Start Lunch Menu

Site: \_\_\_\_\_

Month: \_\_\_\_\_

**Directions:** Plan food items from each of the five food components at lunch.

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate Grains Vegetable Fruit Milk					
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\*If juice is served 1X daily it is 100% Pasteurized Apple, Grape, Orange, Cherry, or Cranberry.

\*Be sure to note the serving size on the menu.

\*6 oz skim or 1% lowfat milk is served at every lunch.

\*Highlight all whole grain rich items.