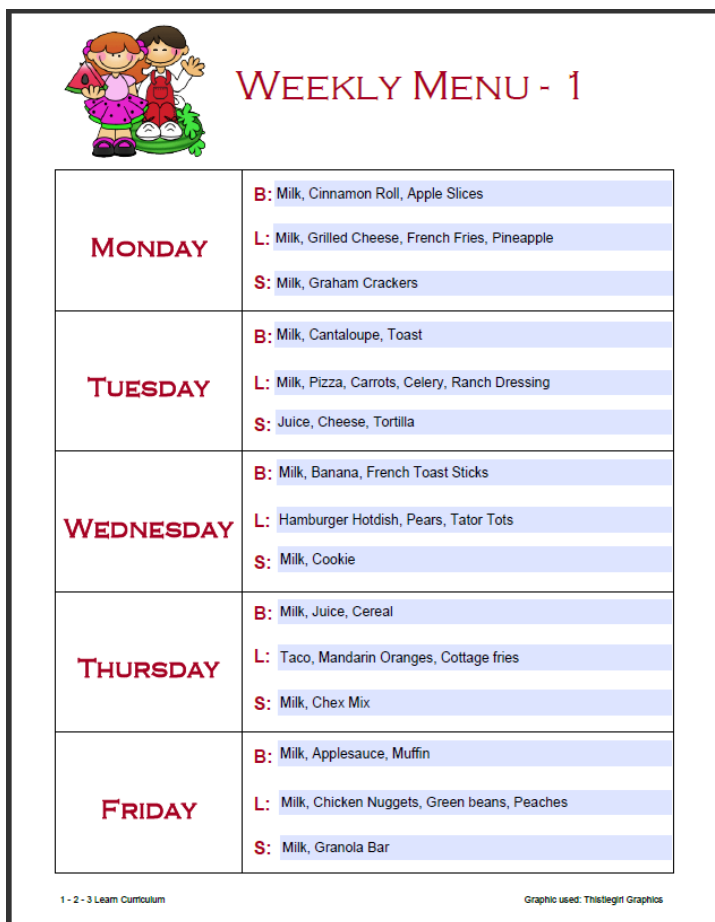


# Weekly Menu Format - Week 1

- The following sheet is a template for a weekly menu.
- When you open the file up, you will be able to type directly into the blue boxes, and add your menu for week 1. (You are not able to save the file, so when you go to type up a menu, make sure you have time to finish the form).
- Print it up on white card stock.
- Laminate.
- Hang up on the parent's bulletin board to show what the children will be eating for Breakfast, Lunch and Snack for the week.
- There are a total of 6 templates.



**WEEKLY MENU - 1**

<b>MONDAY</b>	<b>B:</b> Milk, Cinnamon Roll, Apple Slices <b>L:</b> Milk, Grilled Cheese, French Fries, Pineapple <b>S:</b> Milk, Graham Crackers
<b>TUESDAY</b>	<b>B:</b> Milk, Cantaloupe, Toast <b>L:</b> Milk, Pizza, Carrots, Celery, Ranch Dressing <b>S:</b> Juice, Cheese, Tortilla
<b>WEDNESDAY</b>	<b>B:</b> Milk, Banana, French Toast Sticks <b>L:</b> Hamburger Hotdish, Pears, Tator Tots <b>S:</b> Milk, Cookie
<b>THURSDAY</b>	<b>B:</b> Milk, Juice, Cereal <b>L:</b> Taco, Mandarin Oranges, Cottage fries <b>S:</b> Milk, Chex Mix
<b>FRIDAY</b>	<b>B:</b> Milk, Applesauce, Muffin <b>L:</b> Milk, Chicken Nuggets, Green beans, Peaches <b>S:</b> Milk, Granola Bar

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Graphic used: Thistlegirl Graphics

- The example to the left shows the form filled out.
- To make meal time each week easier, make 6 different menu's using the provided 6 templates.
- Rotate the menus each week.

Please Note: When form is printed up, it will not include the blue boxes.



# WEEKLY MENU - 1

<p><b>MONDAY</b></p>	<p><b>B:</b></p> <p><b>L:</b></p> <p><b>S:</b></p>
<p><b>TUESDAY</b></p>	<p><b>B:</b></p> <p><b>L:</b></p> <p><b>S:</b></p>
<p><b>WEDNESDAY</b></p>	<p><b>B:</b></p> <p><b>L:</b></p> <p><b>S:</b></p>
<p><b>THURSDAY</b></p>	<p><b>B:</b></p> <p><b>L:</b></p> <p><b>S:</b></p>
<p><b>FRIDAY</b></p>	<p><b>B:</b></p> <p><b>L:</b></p> <p><b>S:</b></p>