

WEEKLY MENU

Month/Year: _____

Wanting to add more local foods to your menu? Check out these easy swaps!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				Serve SC Grown strawberries instead of bananas		
		1 % or whole milk	1% or whole		1% or whole milk	1% or whole milk
	Fruit or Vegetable	Pineapple	Apple slices	Banana	Oranges	Pears
	Bread or Bread Alternate(s)	Cheerios	WW tortilla	WW pancake	WW toast	Oatmeal
	Additional Food (Optional)		Shredded cheese			
Lunch	Main Dish	Grilled Cheese	Roasted Turkey	Omelet	Baked	
	Fluid Milk		1 % or whole milk	1% or whole milk	1% o	
	Meat or Meat		Turkey	Egg	Chicken	
	Vegetable or Fruit		Green Beans	Tomatoes (salsa)	Turnip Greens	French Fries
	Vegetable or Fruit	Sliced peaches	Tropical Fruit Mix	Mandarin Oranges	Corn	Broccoli
	Bread or Bread Alternate(s)	Bread	Roll	Biscuit	Dinner roll	WW bun
	Additional Food (Optional)					

Instead of serving canned, sliced peaches purchase fresh SC Grown peaches when in season

Want fries? Make your own sweet potato fries using SC Grown sweet potatoes