## WG = WHOLE GRAIN - MUST BE SERVED ONCE PER DAY/CHILD

## FIRST STEP TO NUTRITION

P.O. Box 122
SITE NAME\_\_\_\_\_\_\_ MONTH/YEAR \_\_\_\_\_\_\_\_ WELLSBORO, PA. 16901

## BREAKFAST - 3 LUNCH/SUPPER - 5 AM or PM SNACK - 2 FRUIT/VEG GRAINS/BREAD MEAT/ALT MEAT/ALT VEGETABLE FRUIT/VEG GRAINS/BREAD MILK VEGETABLE GRAINS/BREAD MEAT/ALT DATE FRUIT MILK