

A SAMPLE MENU FROM CAFÉ CRÈME

	MON	TUE	WED	THU	FRI
BREAKFAST	<p>Top-Your-Own Whole-Grain Waffles</p> <p>Peaches</p> <p>1% Low-Fat Milk</p>	<p>Whole-Grain Granola</p> <p>Pears</p> <p>1% Low-Fat Milk</p>	<p>Whole-Grain Pancakes with Warm Fruit Compote</p> <p>Strawberries</p> <p>1% Low-Fat Milk</p>	<p>Whole-Grain Chex Cereal</p> <p>Bananas</p> <p>1% Low-Fat Milk</p>	<p>Top-Your-Own Scrambled Eggs</p> <p>Roasted Potato Wedges</p> <p>1% Low-Fat Milk</p>
MORNING SNACK	<p>Whole-Grain Kix Cereal</p> <p>1% Low-Fat Milk</p>	<p>Whole-Grain Cranberry Oat Bites with SunButter</p>	<p>Broccoli</p> <p>Cheese Slices</p>	<p>Whole-Grain Flatbread Pizza Crust</p> <p>Hummus Bean Dip</p>	<p>Mandarin Oranges</p> <p>Plain Yogurt</p>
LUNCH	<p>Whole-Grain Chicken & Vegetable Dumplings or Veggie Patty</p> <p>Peas & Carrots</p> <p>Mandarin Oranges</p> <p>1% Low-Fat Milk</p>	<p>Mini Whole-Grain Cheese Ravioli</p> <p>Broccoli</p> <p>Asparagus</p> <p>1% Low-Fat Milk</p>	<p>BBQ Chicken or BBQ Chickpeas</p> <p>Whole-Grain Corn Muffin</p> <p>Coleslaw</p> <p>Sliced Oranges</p> <p>1% Low-Fat Milk</p>	<p>Bean Taco in a Whole-Grain Flour Tortilla</p> <p>Green Salad</p> <p>Pineapple</p> <p>1% Low-Fat Milk</p>	<p>Turkey Sandwich or SunButter Sandwich</p> <p>Cucumber & Tomato Salad</p> <p>Strawberries</p> <p>1% Low-Fat Milk</p>
AFTERNOON SNACK	<p>Green & Red Peppers</p> <p>Whole-Grain Cheddar Cheese Crackers</p>	<p>Plain Yogurt</p> <p>Crushed Pineapple</p>	<p>Apples</p> <p>Whole-Grain Mini Bagel</p> <p>Cream Cheese</p>	<p>Strawberries</p> <p>Whole-Grain Sweet Potato Harvest Loaf</p>	<p>Whole-Grain English Muffin Pizzas</p>
TAKE-HOME SNACK	<p>Whole-Grain Goldfish Crackers</p>	<p>Whole-Grain Vegetable Crackers</p>	<p>Whole-Grain Goldfish Crackers</p>	<p>Whole-Grain Champs Crackers</p>	<p>Whole-Grain Goldfish Crackers</p>