

Find Whole Grain Foods on the School Lunch Menu

Directions: Circle the whole grain foods in the school lunch menus listed below. How many did you find?

Day of the Week	Menu
Monday	Chicken Nuggets Fresh Broccoli with ranch dressing Couscous whole wheat dinner roll Apple slices Skim milk
Tuesday	Cheeseburger on a whole wheat roll French fries Oatmeal cookie Baby carrots Orange Skim milk
Wednesday	Fish and chips Tarter sauce Quinoa salad Kiwi Skim Milk
Thursday	Whole Wheat Spaghetti with meat sauce Green Beans Garlic Toast Peaches Skim milk
Friday	Ham Au Gratin Potatoes Corn 100% whole wheat bread with margarine Strawberries Skim milk

_____ Whole Grain Foods-Monday

_____ Whole Grain Foods-Tuesday

_____ Whole Grain Foods-Wednesday

_____ Whole Grain Foods-Thursday

_____ Whole Grain Foods-Friday