

Breakfast - Breakfast must include one glass of milk, one serving from the Vegetable and Fruit Group and one serving from the Grains and Bread Group. Here are some suggestions:

French toast

grapes
milk

Cheerios

bananas
milk

Whole grain muffin

grapes
milk

Scrambled eggs, toast

applesauce
milk

Bran muffin

kiwi
milk

Toast

orange slices
milk

Pancakes

fruit cocktail
milk

Bagel

pears
milk

Whole grain waffles

strawberries
milk



Wheat cereal

fresh melon
milk

English muffin

apple slices
milk

Cornbread

peaches
milk

Raisin bread

bananas
milk

Cinnamon toast

applesauce
milk

Whole wheat toast

bananas
milk

Corn flakes

raspberries
milk

Biscuit

sliced pears
milk

Pancakes

kiwi
milk



Banana bread

apples, raisins
milk

Crepes

raspberries
milk

Rice pudding

fruit cocktail
milk

Crispex

apple juice
milk

Biscuit

hash brown potatoes
milk

Flour tortilla

banana
milk

Pumpkin muffin

carrot sticks
milk

Pita bread

cubed potatoes
milk

Soft pretzel

bell peppers
milk



Oatmeal

chunky spiced apples
milk

Hot wheat cereal

frozen blueberries
milk

Cinnamon rolls

oranges
milk

Croissant

grapefruit sections
milk

Blueberry muffin

Potato rounds
milk

Homemade coffee cake

pineapple
Milk

All hot and cold breakfast cereals must have whole or enriched grain as the first ingredient, and may contain **no more than 9 grams of sugar** per serving.

Meat and meat alternates, such as eggs or yogurt, are not required at breakfast. You may serve these in addition to other items at breakfast if you wish, but you will not find a place to record them on your forms.

Lunch/Dinner - Lunch and dinner must include one glass of milk, one serving each from the Meat and Meat Alternative Group and the Grains and Bread Group and two servings from the Vegetable and Fruit Group. Here are some suggestions:

Tuna salad

on wheat bread
mangoes
banana
milk



Eggs

waffles
blueberries
cantaloupe
milk

Grilled cheese

on rye bread
tomato soup
fresh pears
milk

Corn dogs

CN label/breading
cherries
mixed fresh veggies
milk

Fish sticks

Pretzels
carrot sticks
apple slices
milk

Macaroni and cheese

w/ extra cheddar
oranges
raisins
milk

Scrambled eggs

multi-grain pancakes
raspberries
kiwi
milk

Hot dogs

bun
pork-n-beans
grapes
milk

Cheese quesadilla

(cheese, flour tortilla)
black beans
plums
milk

Fish fillet

on sandwich roll
apricots
cucumbers
milk

Egg baked

in a biscuit
fruit cocktail
oranges
milk

Omelet (egg, cheese)

toast
hash brown potatoes
oranges
milk

BBQ pork

on a bun
sweet potatoes
mixed veggies
milk

Chicken breast

rice
black beans
green salad
milk

Tacos (ground beef, taco shells or flour tortilla)

lettuce & tomato & salsa
oranges
milk

Pork Chops

dinner roll
applesauce
brussel sprouts
milk



Meatballs (ground beef)

spaghetti
spaghetti sauce
green salad
milk

Fried Potato

with ground pork
whole wheat toast
broccoli
milk

Beef enchiladas

(ground beef, corn tortillas, tomato sauce)
fresh fruit plate
milk

Soy cheese burger (cheese is credible), bun

lettuce & tomato
mangoes
milk

Pork chow mien (pork sirloin, chow mien noodles,

stir fry veggies)
cherry tomatoes
milk

HM Chili mac

(ground beef, noodles, chili beans, tomatoes)
Cauliflower
milk

Nachos (ground beef, whole grain tortilla chips, cheddar,

tomatoes)
refried beans
milk

Sloppy joes (ground turkey, tomato sauce)

cornbread or bun
cauliflower
milk

Lunch/Dinner - Lunch and dinner must include one glass of milk, one serving each from the Meat and Meat Alternative Group and the Grains and Bread Group and two servings from the Vegetable and Fruit Group. Here are some suggestions:

Roasted chicken

rice
broccoli
green salad
milk



Pork pot pie (pork steak, mixed

veggies,
biscuit top)
green salad
milk

Turkey & cheese

on wheat bread
broccoli
carrot/raisin salad
milk

Ham

rolls
coleslaw
sweet potato
milk

Spicy chili beans

brown rice
peas
strawberries
milk

Chicken breasts

noodles
squash
peas
milk

Roast beef

bun
french fries
plums
milk

Turkey & gravy

bread stuffing
mashed potatoes
corn
milk



Spanish rice

(ground beef, white rice,
tomatoes)
carrots
milk

BBQ chicken legs

mac-n-cheese
mixed vegetables
pineapple
milk

Pork chops

kaiser roll
mashed potatoes
apricots
milk

Turkey potpie

(turkey breast, pie crust,
peas and carrots)
cucumber salad
milk

French dip (roast beef

on sandwich roll, gravy)
cucumbers
oranges
milk

Hamburger patties

whole wheat bun
lettuce/tomato
baked french fries
milk

Cube steak

noodles
spinach
grapes
milk

Chicken

rice
snap peas
pineapple
milk

Chili

over cornbread or rice
zucchini
peaches
milk

Ham & cheese

on rye bread
carrot sticks
applesauce
milk



Roast beef

corn muffins
boiled potatoes
carrots
milk

Ham and cheese

on cracked wheat bread
vegetable soup
pears
milk

Kielbasa

biscuit
corn
fruit cocktail
milk

Egg salad on

toast
green beans
pears
milk

Meat loaf (ground beef)

mac & cheese
green beans
peaches
milk

Creamy tuna casserole

(tuna, egg noodles,
peas and carrots)
peaches
milk

Lunch/Dinner - Lunch and dinner must include one glass of milk, one serving each from the Meat and Meat Alternative Group and the Grains and Bread Group and two servings from the Vegetable and Fruit Group. Here are some suggestions:

Beef patties

biscuits
mixed vegetables
orange slices
milk

Black bean/corn tacos

(beans, corn,
avocado, tortilla)
pineapple
Milk

Cheese pizza (homemade or
extra cheese)

bell peppers
peaches
milk

Egg salad sandwich

on whole wheat bread
carrots
honeydew
milk

Meatless spaghetti

(tomato sauce, noodles)
mozzarella cheese
green beans
milk



Bean and rice burritos

(refried beans, tortillas)
green salad
fruit cocktail
milk

Pasta salad (cheddar cheese

cubes, spiral noodles,
tomatoes, carrots, broccoli)
kiwi
milk

Split pea soup HM

crackers
sliced tomatoes
apples
milk



Cheese enchiladas

(cheddar & tortillas)
green salad
oranges
milk

PB & J sandwich

yogurt
strawberries
carrot slices
milk

Scrambled eggs

toast
potatoes
banana slices
milk

Meatless lasagna

(ricotta, mozzarella,
spinach, tom sauce, noodles)
apples
milk

Bean and cheese burritos

(beans, hard cheese, flour tortillas)
blueberries
salsa
milk

Garden veggie patties

(Morningstar Farms)
bun, lettuce/tomato
potato wedges
milk

Macaroni & Cheese

(homemade or with extra cheese)
grapes
broccoli
milk

HM Turkey / vegetable soup

(turkey breast, carrot, celery)
saltines
orange slices
milk

Shepherds pie

(ground beef, mixed vegetables,
mashed potato top)
baking powder biscuits
milk

Swiss steak

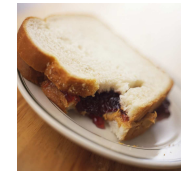
(beef round steak, stewed tomato)
steamed zucchini
buttered bread
milk

Chicken Low Mein

(Chicken, spaghetti noodle,
stir fry veggies, with soy sauce)
fruit salad
milk

Lentil soup

wheat crackers
celery sticks
frozen blueberries
milk



Peanut butter and nuts at lunch and dinner must be supplemented with another meat/meat alternate. You might try yogurt, string cheese or sliced Canadian bacon along with nuts or peanut-butter sandwiches.

Lunch and dinner menus must be different when served to the same children.

Cereal, donuts, cookies, and granola bars are never creditable at lunch or dinner.

Snack - AM, PM, and evening snacks must include one serving each from two of the food groups.

Here are some suggestions:

Refried beans
wheat thins

Banana bread
milk

Whole wheat cin toast
applesauce

English muffin
w/ mozzarella

Cheese over
french fries

Whole grain muffin
apple juice

Graham crackers
peaches

Apple slices
w/ peanut butter

Grapes
cheese nips

Tuna salad
on saltines

Cheese
ritz crackers

Zucchini bread
orange juice

Pretzels
cheddar cubes

Orange slices
bran muffin

Peanut butter sandwich
milk

Yogurt
peaches

Cinnamon tortillas
milk

Cinnamon pancakes
milk

Fresh vegetables
with cottage cheese

Homemade bread
apple juice

Wheat crackers
grape juice

Oatmeal
milk

Apple slices
pretzels

Cantaloupe
cheese sticks

Raisin bread
Applesauce

Melon balls
cheese wedges

Deviled eggs
grape juice

Biscuit & jelly
milk

Tuna fish
wheat crackers

Nectarines
graham crackers

Graham crackers
frozen grapes

Hashed browns
scrambled eggs

Vegetable Thins
orange juice

Pineapple rounds
cottage cheese

Cheese crackers
tomato juice

Applesauce
ham cubes

Rice cakes
apple slices

Corn muffin
orange juice

HM Oatmeal cookies
milk

Chex cereal mix
orange juice

Toasted cheese
on rye bread

Soda crackers
100% mixed juice

Animal crackers
orange slices

Flour tortilla
refried beans

Bagels
peanut butter



Raisins must be served along with another fruit or vegetable at snacks.

The first ingredient of all crackers must be a whole or enriched grain.

Menu Planning Makes the Difference

Anyone who has ever fed children knows that just because the meal you have lovingly prepared for them is nutritious does not automatically mean that they will eat it! So how DO you encourage a child to eat healthful food?

It is important to strive for balance when planning meals that you want to be appealing to the young child. Combine mild flavored foods with spicy, stronger flavored choices to achieve a winning combination. Try balancing higher fat foods with ones that have a lower fat content. For example, serve a grilled cheese sandwich with carrot and celery sticks.

A variety of foods is essential when planning interesting menus on a daily basis. Vary the types of main courses you serve. It is important to include a modest amount of a new or unfamiliar food occasionally. Preparing familiar foods in different ways is reasonable provided that the "unusual" way is as appealing as the "usual" way.

Adding contrasts of texture, flavor, and preparation techniques to your menus will enhance the taste and appearance of the food items. When serving spaghetti, a favorite with many young children, offer a green salad or raw vegetable as a crunchy addition to the meal. Use colorful foods in combination with foods that have little or no color. For example, a whole strawberry can add a splash of color to

sliced pears or a piece of angel food cake. Green or red bell pepper strips may be used as an effective garnish when combined on a plate with mashed potatoes and oven-baked chicken. Garnishment should complement the flavor of the food to which it is added. Remember, too, that a sprinkle of paprika or cinnamon can provide instant color to otherwise bland food. Always keep in mind that how the food is arranged on the plate or tray is just as important as how it tastes. That first impression you create with your carefully prepared meal may be the only opportunity you have to win over a child's timid palate.

Consider regional, cultural and personal food preferences when planning your menus. Introduce new foods one at a time and remember that children frequently will not like new food the first several times you offer it. There are holidays and special occasions throughout the calendar year that provide numerous opportunities for you to apply your menu planning skills. Keep in mind seasonal availability of fresh fruits and vegetables. Usually when fresh fruits and vegetables are "in season" they are reasonably priced and of top quality.

When planning your own menus, you may want to use the following sample menus as a guide. Remember, menus should be planned so that the correct portion sizes for the children being served are met with every meal!