



Snacks, Meals, Menus

Requirements, Ideas, Recipes

*No more than 3 times per week

** 1's: Unflavored 1% or Skim, 2's and up: Unflavored 1% or Skim, 6's and up: Option of Flavored Skim

Requirements

BREAKFAST

Fruit or Vegetable
Grain/Bread or Lean Protein*
Milk**

Monday

Applesauce
French Toast
Skim and Whole Milk

Tuesday

Bananas
Cheerios, original
Skim and whole milk

Wednesday

Mango
Cottage Cheese
Skim and whole milk

Thursday

Western Scramble
Mushrooms, Green Peppers
and Onions
Eggs
Skim and whole milk

Friday

Oranges
Bagels
Skim and whole milk

LUNCH/DINNER

Meat/Meat alternative
Grain/Bread^
Vegetable
Fruit/Vegetable
Milk**

Monday

Stir Fry
Chicken Breast
Brown Rice
Mixed Chinese Veggies
Mandarin Oranges
Skim and Whole Milk

Tuesday

Pork Dinner
Pork Roast
WGR Stuffing
Roasted Brussel Sprouts
Asparagus
1% and Whole Milk

Wednesday

Tacos
Black Beans
WGR Tortilla
Lettuce and Tomato
Pineapple
1% and Whole Milk

Thursday

Spaghetti
Italian Sausage
WGR Pasta
Lettuce Salad
Corn
1% and whole milk

Friday

Baked Fish
Fish
Rye Bread
Cole Slaw
Sweet Potato Fries
1% and Whole Milk

SNACKS

Requires two foods from two of the five food groups:

Meat/Meat Alternative
Grain/ Bread^
Fruit
Vegetable
Milk

String Cheese

Strawberries

Apples
Celery

Whole Wheat Crackers

Green Pepper Strips

Peanut butter
Pretzels

Yogurt
WGR waffles

Roasted Brussel Sprouts

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed
- 3 tablespoons olive oil
- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt

Directions

Preheat oven to 400 degrees F (205 degrees C).

Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Serve immediately.