



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

Pineapple

WG English Muffin

Skim and Whole Milk

Tuesday

Grapes

WG French Toast

Skim and whole milk

Wednesday

Melon

Whole Grain Cream of Wheat

Skim and whole milk

Thursday

Strawberries

Cottage Cheese

Skim and whole milk

Friday

Oranges

WG Toast

Skim and whole milk

LUNCH/DINNER

Meat/Meat alternative

Grain/Bread^

Vegetable

Fruit/Vegetable

Milk**

Sloppy Joes

Ground Beef

WG bun

Tossed Spinach Salad

Peaches

Skim and Whole Milk

Egg Salad

WG Bread

Carrot Sticks

Mixed Fresh Fruit

1% and Whole Milk

Baked Chicken

Wild Rice

Asparagus

Apricots

1% and Whole Milk

Bean Burritos

Refried Beans

WG Tortillas

Lettuce, Tomato, Avocado

Papaya

1% and whole milk

Baked Ham

WG Roll

Scalloped Potatoes

Broccoli

1% and Whole Milk

SNACKS

Requires two foods from two of the five food groups:

Meat/Meat Alternative

Grain/ Bread^

Fruit

Vegetable

Milk

Yogurt

Peaches

Tuna Salad

WG Crackers

Soft Pretzels

Cantaloupe

Peanut butter

Apple Slices

Corn Muffin

1% and Whole Milk

SLOPPY JOES

Ingredients

- 1 lb extra lean ground beef
- 1 onion, chopped fine
- 1 cup ketchup
- 2 Tablespoons apple cedar vinegar
- 2 Tablespoons brown sugar

- 1 Tablespoon Worcestershire sauce
- 1 teaspoon yellow mustard

Directions:

1. Cook and stir beef and onion in a hot skillet until beef is completely browned. Drain
2. Stir the rest of the ingredients into the beef mixture. Simmer, stirring occasionally until the mixture is thick, 15– 20 minutes.