

Menu Mate

Instead of writing out all your meals and snacks for children one year and older, you can write a code. Simply use this list to find the meal/snack of your choice and record the code in the appropriate space on your menu. You may interchange codes as long as the meal and/or snack meets or exceeds the requirements. If you change a menu item you must write out the meal or snack on your menu. Juice can only be served once a day on your menu.

The * indicates a possible Whole Grain or Whole Grain Rich food item. If it is, you must write WG or WGR next to that menu code.

<u>BREAKFAST</u>	<u>SNACKS</u>	
B1 Fruit or Vegetable Bagel/Toast/English Muffin* Milk	Sn1 Pretzels* Milk	Sn11 Peanut Butter Crackers or Bread*
B2 Juice Bagel/Toast/English Muffin* Milk	Sn2 Cheese Crackers or Pretzels*	Sn12 Salsa Tortilla Chips*
B3 Fruit or Vegetable Waffle or Pancake* Milk	Sn3 Boiled Egg Crackers*	Sn13 Muffin* Milk
B4 Juice Waffle or Pancake* Milk	Sn4 Crackers* Hummus	Sn14 Yogurt or Cheese Fruit
B5 Fruit or Vegetable Cereal (hot or cold)*/Cooked Milk Rice*	Sn5 Fruit Milk	Sn15 Tortilla or Tortilla Chips* Cheese
B6 Juice Cereal (hot or cold)*/Cooked Milk Rice*	Sn6 Cereal* Milk	Sn16 Toast* Milk
B7 Fruit or Vegetable Meat/Meat Alternate Milk	Sn7 French Fries or Tator Tots Milk	Sn17 Fruit Vegetable
B8 Juice Meat/Meat Alternate Milk	Sn8 Rice Cakes* Peanut Butter	Sn18 Fruit or Vegetable Crackers*
	Sn9 Peanut Butter Vegetable or Fruit	Sn19 Lunch Meat Crackers or Bread*
	Sn10 Cottage Cheese Fruit or Vegetable	Sn20 Vegetable Milk

<u>SUPPERS</u>	<u>LUNCHES</u>	
SU 1 Beef or Pork Roast Bread or Rolls* Potato Choice Carrots Milk	L 1 Chicken Nuggets Bread* Green Beans Corn Milk	L11 Cheese Cubes/Yogurt Crackers* Lettuce Salad Fruit Cup Milk
SU 2 Chicken Bread* Green Beans Potato Choice Milk	L 2 Cheese Pizza (HM) Crust* Tomato Sauce Carrot Sticks Milk	L12 Lunchmeat Bread or Rolls* Lettuce/Tomato Applesauce Milk
SU 3 Ham Rolls* Green Beans Fruit Cup Milk	L 3 Corndogs* French Fries Applesauce Milk	L13 Cottage Cheese Crackers* Cucumbers Pineapple Milk
SU 4 Sloppy Joes (Hamburger) Buns* Baked Beans Applesauce Milk	L4 Scrambled Eggs Toast* Hash Browns Applesauce Milk	L14 Hotdogs Buns* French Fries Fruit Cocktail Milk
SU 5 Hamburger Spaghetti* Tomato Sauce Corn Milk	L5 Chicken or Salmon Patties Bun* Green Beans Grapes Milk	L15 Hamburger Noodles or Bread* Carrots Corn Milk
SU 6 Hamburger Tortilla* Lettuce/Tomato Refried Beans (side) Milk	L6 Fish Sticks Macaroni and Cheese* Carrot Sticks Peas Milk	L16 Cheese English Muffins* Pizza Sauce Carrots Milk
SU 7 Tuna Noodles* Peas and Carrots Peaches Milk	L7 Grilled Cheese Bread* Vegetable or Tomato Soup Peaches Milk	L17 Hamburger Spaghetti* Tomato Sauce Lettuce Salad Milk
SU 8 Chicken or Beef Rice* Mixed Vegetables Grapes Milk	L8 Extra Cheese Macaroni* Green Beans Corn Milk	L18 Cheese or Meat Taco Shell* Lettuce/Tomato Refried Beans (side) Milk
	L9 Peanut Butter/Cheese Bread* Carrot Sticks Banana Milk	L19 Tuna, Chicken, or Egg Salad Crackers* Celery/Carrot Sticks Tomatoes Milk
	L10 Tuna Bread* Peas Melon Milk	L20 Yogurt Cereal Choice* Celery Sticks Strawberries or Blueberries Milk

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