

# Menu Mate

Instead of writing out all of 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 entire 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.

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

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

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