



Meal Pattern Guidelines

Breakfast – Serve all 3 items

- Milk
- Fruit, vegetable or 100% juice
- Bread or bread alternate

Lunch/Supper – Serve all 5 items

- Milk
- Meat or meat alternate
- Fruit or vegetable
- Vegetable or fruit
- Bread or bread alternate

Snack – Serve 2 out of the four items

- Milk
- Fruit or vegetable
- Bread or bread alternate
- Meat or meat alternate

Sample Menus Breakfast Ideas

Milk	Milk	Milk	Milk	Milk
Orange	Apple	Banana	Applesauce	Kiwi
French Toast	Waffle	English Muffin	Wheaties	Toast

Lunch and Dinner Ideas

Milk	Milk	Milk	Milk	Milk
Tuna	Beef	Chicken	Hamburger	Cheese
Apple	Refried Beans	Broccoli/Carrots	Green Beans	Pizza Sauce
Corn	Applesauce	Peaches	Applesauce	Pears
Bread	Tortilla	Rice	Bun	Pizza Crust

Snack Ideas

Cheese	Cottage Cheese	Peanut Butter	Cornbread	Fresh Fruit
Apple	Orange	Toast	Apple Juice	Yogurt Parfait