



**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