

Master Menus List Children's Hunger Alliance

Meal Type: Breakfast					
<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
050 MM #50		Wheat Bread (035)	Bananas (004)		Fluid Milk (7)
051 MM #51		Cold Cereal (040)	Apples (001)		Fluid Milk (7)
052 MM #52		Pancakes / Waffles (088)	Peaches (026)		Fluid Milk (7)
053 MM #53		Hot Cereal (041)	Strawberries (037)		Fluid Milk (7)
054 MM #54		French Toast (015)	Blueberries (006)		Fluid Milk (7)
055 MM #59		Cold Cereal (040)	Plums (031)		Fluid Milk (7)
055 MM #55		Bagel (001)	Oranges (024)		Fluid Milk (7)
056 MM #56		Grits (Enriched Flour) (084)	Grapes (014)		Fluid Milk (7)
057 MM #57		English Muffin (012)	Mangos (021)		Fluid Milk (7)
058 MM #58		Wheat Bread (035)	Watermelon (041)		Fluid Milk (7)
060 MM #60		Pancakes / Waffles (088)	Tangerines (038)		Fluid Milk (7)
061 MM #61		Hot Cereal (041)	Blueberries (006)		Fluid Milk (7)
062 MM #62		French Toast (015)	Pineapple (030)		Fluid Milk (7)
063 MM #63		Bagel (001)	Pears (027)		Fluid Milk (7)
064 MM #64		Grits (Enriched Flour) (084)	Honeydew Melon (016)		Fluid Milk (7)
065 MM #65		English Muffin (012)	Mixed Fruit (022)		Fluid Milk (7)
066 MM #66		Wheat Bread (035)	Kiwi (018)		Fluid Milk (7)
067 MM #67		Cold Cereal (040)	Cantaloupe (008)		Fluid Milk (7)
068 MM #68		Pancakes / Waffles (088)	Strawberries (037)		Fluid Milk (7)
070 MM #70		Hot Cereal (041)	Raspberries (034)		Fluid Milk (7)
071 MM #71		French Toast (015)	Applesauce (002)		Fluid Milk (7)
072 MM #72		Bagel (001)	Cherries (033)		Fluid Milk (7)
073 MM #73		Grits (Enriched Flour) (084)	Nectarines (023)		Fluid Milk (7)
074 MM #74		English Muffin (012)	Grapes (014)		Fluid Milk (7)
075 MM #75		Wheat Bread (035)	Grapefruit (013)		Fluid Milk (7)

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076 MM #76		Cold Cereal (040)	Bananas (004)		Fluid Milk (7)
077 MM #77		Pancakes / Waffles (088)	Pomegranate (044)		Fluid Milk (7)
078 MM #78		Hot Cereal (041)	Blackberries (005)		Fluid Milk (7)
080 MM #80		French Toast (015)	Raspberries (034)		Fluid Milk (7)
081 MM #81		Bagel (001)	Honeydew Melon (016)		Fluid Milk (7)
082 MM #82		Grits (Enriched Flour) (084)	Pineapple (030)		Fluid Milk (7)
083 MM #83		English Muffin (012)	Apricots (003)		Fluid Milk (7)
084 MM #84		Wheat Bread (035)	Mandarin Oranges (020)		Fluid Milk (7)
085 MM #85		Cold Cereal (040)	Strawberries (037)		Fluid Milk (7)
086 MM #86		Pancakes / Waffles (088)	Blueberries (006)		Fluid Milk (7)
087 MM #87		Hot Cereal (041)	Mixed Fruit (022)		Fluid Milk (7)
088 MM #88		French Toast (015)	Pomegranate (044)		Fluid Milk (7)
100 MM #100		Bagel (001)	Kiwi (018)		Fluid Milk (7)
101 MM #101		Grits (Enriched Flour) (084)	Apples (001)		Fluid Milk (7)
102 MM #102		English Muffin (012)	Oranges (024)		Fluid Milk (7)

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Meal Type: Lunch/Dinner					
<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
110	Chicken Wrap	Corn / Flour Tortilla (140)	Carrots (157)	Honeydew Melon (016)	Fluid Milk (7)
111	Homemade Chicken Nug	Rolls (028)	Mixed Vegetables (164)	Mandarin Oranges (020)	Fluid Milk (7)
112	Cornflake Crusted Chicke	Rolls (028)	Carrots (157)	Raspberries (034)	Fluid Milk (7)
113	Baked Chicken	Rolls (028)	Broccoli (155)	Blueberries (006)	Fluid Milk (7)
114	Baked Chicken	Brown Rice (130)	Asparagus (151)	Applesauce (002)	Fluid Milk (7)
115	Baked Chicken Parmesan	Pasta Noodles, Various (107)	Spinach (177)	Pears (027)	Fluid Milk (7)
116	BBQ Chicken	Brown Rice (130)	Green / Yellow Beans (184)	Cantaloupe (008)	Fluid Milk (7)
117	Chicken and Rice Cassero	Brown Rice (130)	Broccoli (155)	Pineapple (030)	Fluid Milk (7)
118	Sauteed Chicken and Rice	Brown Rice (130)	Mixed Vegetables (164)	Blueberries (006)	Fluid Milk (7)
120	Homemade Chicken Pot P	Puff Pastry Shells (072)	Mixed Vegetables (164)	Grapes (014)	Fluid Milk (7)
121	Chicken Fajitas	Corn / Flour Tortilla (140)	Carrots (157)	Applesauce (002)	Fluid Milk (7)
122	Chicken Soft Tacos	Corn / Flour Tortilla (140)	Black Beans (182)	Pineapple (030)	Fluid Milk (7)
123	Turkey Sandwich	Wheat Bread (035)	Carrots (157)	Apricots (003)	Fluid Milk (7)
124	Turkey Wrap	Corn / Flour Tortilla (140)	Cucumbers (162)	Peaches (026)	Fluid Milk (7)
125	Turkey Pita Pockets	Pita Bread (025)	Celery (160)	Tangerines (038)	Fluid Milk (7)
126	Baked Turkey	Rolls (028)	Sweet Potato/Yams (230)	Apples (001)	Fluid Milk (7)
127	Hard Taco Meal	Taco Shell (142)	Corn (161)	Peaches (026)	Fluid Milk (7)
128	Meat Chili	Cornbread or Corn Muffin (006)	Other Beans (200)	Apples (001)	Fluid Milk (7)
130	Homemade BBQ Turkey N	Brown Rice (130)	Carrots (157)	Pineapple (030)	Fluid Milk (7)
131	Spaghetti (with salad)	Pasta Noodles, Various (107)	Lettuce (211)	Pears (027)	Fluid Milk (7)
132	Hamburger Meal	Hamburger Buns (017)	Green Peas (218)	Cantaloupe (008)	Fluid Milk (7)
133	Turkey Hotdogs	Hot Dog Buns (020)	Carrots (157)	Watermelon (041)	Fluid Milk (7)
134	Steak	Brown Rice (130)	Asparagus (151)	Applesauce (002)	Fluid Milk (7)
135	Beef Stir Fry	Brown Rice (130)	Broccoli (155)	Mixed Fruit (022)	Fluid Milk (7)
136	Lasagna	Lasagna Noodles (101)	Peas and Carrots (220)	Raspberries (034)	Fluid Milk (7)

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Meal Type: Lunch/Dinner					
<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
137	Spaghetti and Homemade Beef Ground (002)	Pasta Noodles, Various (107)	Spinach (177)	Mandarin Oranges (020)	Fluid Milk (7)
138	Taco Salad	Corn Chips (whole or enriched) (Lettuce (211)	Strawberries (037)	Fluid Milk (7)
140	Hard Taco Meal	Taco Shell (142)	Corn (161)	Grapes (014)	Fluid Milk (7)
141	Barbecue Joes	Hamburger Buns (017)	Mixed Vegetables (164)	Peaches (026)	Fluid Milk (7)
142	Sloppy Joes	Hamburger Buns (017)	Corn (161)	Kiwi (018)	Fluid Milk (7)
143	Homemade Chili Mac	Pasta Noodles, Various (107)	Broccoli (155)	Mixed Fruit (022)	Fluid Milk (7)
144	Hamburger Meal	Hamburger Buns (017)	Peas and Carrots (220)	Peaches (026)	Fluid Milk (7)
145	Beef and Vegetable Stew	Wheat Crackers (065)	Carrots (157)	Applesauce (002)	Fluid Milk (7)
146	Ham Sandwich	Wheat Bread (035)	Carrots (157)	Raspberries (034)	Fluid Milk (7)
147	Ham & Cheese Wrap	Corn / Flour Tortilla (140)	Carrots (157)	Kiwi (018)	Fluid Milk (7)
148	Baked Pork Chops	Rolls (028)	Mixed Vegetables (164)	Peaches (026)	Fluid Milk (7)
150	Baked Pork Chops	Wheat Bread (035)	Spinach (177)	Apples (001)	Fluid Milk (7)
151	Pork Roast	Rolls (028)	Green / Yellow Beans (184)	Blackberries (005)	Fluid Milk (7)
152	Baked Fish	Brown Rice (130)	Broccoli (155)	Applesauce (002)	Fluid Milk (7)
153	Tuna Canned in Water	Wheat Bread (035)	Spinach (177)	Mixed Fruit (022)	Fluid Milk (7)
154	Tuna Casserole	Pasta Noodles, Various (107)	Cucumbers (162)	Pears (027)	Fluid Milk (7)
155	Tuna Canned in Water	Wheat Crackers (065)	Celery (160)	Grapes (014)	Fluid Milk (7)
156	Baked Salmon	Brown Rice (130)	Green Peas (218)	Applesauce (002)	Fluid Milk (7)
157	Scrambled Eggs	Wheat Bread (035)	Peppers, Red / Green / Yellow (17	Oranges (024)	Fluid Milk (7)
158	Egg Sandwich	English Muffin (012)	Broccoli (155)	Apples (001)	Fluid Milk (7)
160	Bean Soup	Wheat Crackers (065)	Mixed Vegetables (164)	Pears (027)	Fluid Milk (7)
161	Beans & Rice	Red / Kidney Beans (077)	Mixed Vegetables (164)	Pineapple (030)	Fluid Milk (7)
162	White Bean and Rice Sou	Great Northern Beans (068)	Peppers, Red / Green / Yellow (17	Mandarin Oranges (020)	Fluid Milk (7)
163	Black Bean Nachos	Black Beans (064)	Corn Chips (whole or enriched) (Peas and Carrots (220)	Fluid Milk (7)
164	Meatless Bean Chili	Other Beans (074)	Wheat Crackers (065)	Green / Yellow Beans (184)	Fluid Milk (7)

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<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
165	Peanut Butter Sandwich (Peanut Butter & Meat (121)	Wheat Bread (035)	Carrots (157)	Mixed Fruit (022)	Fluid Milk (7)
166	Peanut Butter Sandwich (Peanut Butter & Meat (121)	Wheat Bread (035)	Broccoli (155)	Blackberries (005)	Fluid Milk (7)
167	Peanut Butter & Banana R Peanut Butter & Meat (121)	Corn / Flour Tortilla (140)	Carrots (157)	Mixed Fruit (022)	Fluid Milk (7)
168	Peanut Butter Sandwich (Peanut Butter & Meat (121)	Wheat Bread (035)	Cucumbers (162)	Strawberries (037)	Fluid Milk (7)
170	Apple & Peanut Butter (w Peanut Butter & Meat (121)	Wheat Crackers (065)	Carrots (157)	Apples (001)	Fluid Milk (7)
171	English Muffin Pizzas Mozzarella Cheese (088)	English Muffin (012)	Carrots (157)	Strawberries (037)	Fluid Milk (7)
172	Homemade Pizza Mozzarella Cheese (088)	Pizza Crust (071)	Lettuce (211)	Grapes (014)	Fluid Milk (7)
173	Flatbread Pizza Mozzarella Cheese (088)	Pizza Crust (071)	Broccoli (155)	Mixed Fruit (022)	Fluid Milk (7)
174	Homemade Mac & Chee Cheddar Cheese (082)	Macaroni Noodles (102)	Broccoli (155)	Grapes (014)	Fluid Milk (7)
175	Cheese Quesadilla Cheddar Cheese (082)	Corn / Flour Tortilla (140)	Black Beans (182)	Mandarin Oranges (020)	Fluid Milk (7)
176	Grilled Cheese Cheddar Cheese (082)	Wheat Bread (035)	Broccoli (155)	Grapes (014)	Fluid Milk (7)
177	Grilled Cheese American Cheese (081)	Wheat Bread (035)	Tomato Soup (261)	Apples (001)	Fluid Milk (7)
178	Chicken Vegetable Soup String Cheese (102)	Wheat Crackers (065)	Chicken Vegetable Soup (252)	Oranges (024)	Fluid Milk (7)
180	Vegetable Soup String Cheese (102)	Wheat Crackers (065)	Vegetable Soup (263)	Mixed Fruit (022)	Fluid Milk (7)
181	Bagel & Cottage Cheese Cottage Cheese (085)	Bagel (001)	Cucumbers (162)	Peaches (026)	Fluid Milk (7)
182	Cottage Cheese & Fruit Cottage Cheese (085)	Wheat Crackers (065)	Carrots (157)	Blackberries (005)	Fluid Milk (7)

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Meal Type: Snack		<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
<u>#/Name</u>						
010	MM #10	Peanut Butter (120)		Apples (001)		
011	MM #11	Peanut Butter (120)		Bananas (004)		
012	MM #12	Peanut Butter (120)		Celery (160)		
013	MM #13	Peanut Butter (120)	Wheat Bread (035)			
014	MM #14	Peanut Butter (120)	Rice Cakes (132)			
015	MM #15	Peanut Butter (120)	Graham Crackers-Original (213)			
016	MM #16	Peanut Butter (120)	Pretzel, Hard (110)			
017	MM #17	Yogurt (130)		Carrots (157)		
018	MM #18	Yogurt (130)		Broccoli (155)		
020	MM #20	Yogurt (130)		Strawberries (037)		
021	MM #21	Yogurt (130)		Blueberries (006)		
022	MM #22	Yogurt (130)	Animal Crackers - Plain (210)			
023	MM #23	String Cheese (102)		Grape Juice (054)		
024	MM #24	String Cheese (102)		Peppers, Red / Green / Yellow (17		
025	MM #25	String Cheese (102)		Oranges (024)		
026	MM #26	String Cheese (102)	Corn / Flour Tortilla (140)			
027	MM #27	Cheddar Cheese (082)		Grapes (014)		
028	MM #28	Cheddar Cheese (082)		Cauliflower (158)		
030	MM #30	Cheddar Cheese (082)		Baked Potato (221)		
031	MM #31	Swiss Cheese (103)	Wheat Crackers (065)			
032	MM #32	Cottage Cheese (085)		Peaches (026)		
033	MM #33	Cottage Cheese (085)		Pineapple (030)		
034	MM #34	Nuts (Assorted) (140)		Strawberries (037)		
035	MM #35	Nuts (Assorted) (140)		Apple Juice (051)		
036	MM #36	Egg (110)	English Muffin (012)			

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<u>#/Name</u>						
037	MM #37	Black Beans (064)	Corn Chips (whole or enriched) (
038	MM #38	Tuna (036)	Wheat Crackers (065)			
040	MM #40		Graham Crackers-Original (213)	Applesauce (002)	Cherries (033)	
041	MM #41		Animal Crackers - Plain (210)			Fluid Milk (7)
042	MM #42		Rice Cakes (132)	Cantaloupe (008)		
043	MM #43		Hot Cereal (041)	Raspberries (034)		
044	MM #44		Hot Cereal (041)	Blackberries (005)		
045	MM #45		Cold Cereal (040)	Honeydew Melon (016)		
046	MM #46		Cold Cereal (040)			Fluid Milk (7)
047	MM #47		Pretzel, Hard (110)	Mandarin Oranges (020)		
048	MM #48		Wheat Crackers (065)	Vegetable Soup (263)		
050	MM #50		Rolls (028)	Tossed Salad (214)		
051	MM #51			Sweet Potato/Yams (230)		Fluid Milk (7)
052	MM #52			Broccoli (155)		Fluid Milk (7)
053	MM #53			Bananas (004)		Fluid Milk (7)
054	MM #54			Pears (027)		Fluid Milk (7)
055	MM #55			Kiwi (018)		Fluid Milk (7)

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