

MENU PLANNING MAGIC IDEAS

BREAKFAST IDEAS

GRAIN

Applesauce Pancakes*
Banana Berry Pancakes
Banana Bread*
Banana Muffins*
Biscuits
Blueberry Corn Muffins*
Blueberry Muffins*
Breakfast Burrito
Buttermilk Pancakes*
Cream of Rice
Cream of Wheat
Crepes
English Muffins
French toast
Fruit Scones
Granola
Grits
Homemade Biscuits*
Muesli Breakfast Bars*
Oatmeal
Pancakes (Three Grain, Whole Wheat)
Quinoa Breakfast Cereal*
Raisin Bread
Rye Toast
Unsweetened Cold Cereals
Whole Grain Bagels
Whole Grain Waffles



Whole Wheat Bagels
Whole Wheat Toast
Zucchini Muffins*
Zucchini Pancakes*

FRUITS

Apples
Apricots
Bananas
Blackberries
Cantaloupe
Cherries
Coconut
Cranberries
Fig
Fruit Cocktail
Grapefruit
Grapes
Guava
Honeydew Melon
Kiwi
Mangoes
Nectarines
Nectarines
Oranges
Papaya
Passion Fruit
Peaches
Pears
Pineapple
Plums
Pluots
Pomegranate
Pomelo
Prunes
Raspberries
Strawberries
Tangelos
Tangerines
Watermelon

*Make half
your plate
fruits
and
vegetables!*



*Make
at least
half your
grains
whole!*

LUNCH/DINNER IDEAS

PROTEIN/GRAIN (Main Dish)

Asparagus, Tomato, and Red Pepper French bread
Mozzarella Pizza
Baked Fish Tacos
Baked Mozzarella Ziti with Vegetables*
Bean and Cheese Burrito
Beans and Rice Burrito
Beef Stroganoff*
Black Bean and Corn Pitas
Breakfast Egg Burrito
Butternut Squash and Mozzarella Lasagna*
Cheese Enchiladas
Cheeseburger with Whole Wheat Bun
Chicken and Broccoli Casserole*
Chicken and Rice
Chicken Dumpling Soup*
Chicken Gyros
Chicken Noodle Soup
Chicken Pot Pie
Chicken Salad Sandwich
Chicken Tacos
Chicken Tortas*
Chinese noodles with spring vegetables
and chicken
Crispy Chicken Taquitos*
Egg Salad Sandwich
Fish Tacos
Ground Turkey Tacos
Beef/Chicken Fajitas
Hamburger with Whole Wheat Bun
Macaroni and Cheese
Meat Lasagna*
Mexican Beef Lasagna*
Mexican Cheese Pizza*
Pasta Primavera with Chicken*
Peanut Butter and Banana Sandwich
Peanut Butter and Jelly Sandwich
Pesto and Chicken Pasta
Philly Cheese Steak Sandwich
Pork Taco Salad in a Tortilla Bowl
Portabella Mushroom and Monterey Jack Burgers
Quesadillas
Red Beans and Rice
Shrimp Scampi*
Sloppy Joes on Whole Wheat Buns



Southwestern Chicken Wraps*
Spaghetti and Meatballs
Stuffed Bell Peppers with Rice and Meat
Tuna Melt on English Muffins
Tuna Noodle Casserole
Tuna Salad Sandwich
Turkey and Cheese Roll-up in a Tortilla
Vegetable Cheese Lasagna
Vegetable and Chicken Lo-Mein*
Vegetable Cheese Pizza
Whole Wheat Pasta with grilled chicken,
white beans and mushrooms

PROTEIN (Main Dish)

Asian Chicken Salad*
Baked Beans
BBQ Turkey in Pepper Shells*
Bean Burgers*
Beef Barley Stew*
Beef Bottom Round Roast
Beef Brisket
Beef Chuck Shoulder
Beef Pot Roast
Beef Ribs
Beef Round
Beef Sirloin Tip Side Steak
Beef T-bone steak
Beef Tenderloin
Beef Top Sirloin
Beef Tri-Tip
Bison
Black Bean Soup
Black Beans
Black-eyed Peas
Catfish
Catfish Stew*
Ceviche*
Chicken Cesar Salad*
Chicken Gumbo*
Chickpeas (garbanzo beans)
Chile Verde*
Clams
Cod
Crab
Crayfish
Creole Style Black-eyed peas*
Eggs



PROTEINS (cont.)

Falafel
Flounder
Garbanzo Beans (chickpeas)
Ground Turkey Meatloaf
Halibut
Herring
Kidney Beans
Lean Beef
Lean Chicken
Lean Duck
Lean Ground Beef
Lean Ground Chicken
Lean Ground Lamb
Lean Ground Pork
Lean Ground Turkey
Lean Ham
Lean Lamb
Lean Pork
Lean Veal
Lentils
Lima Beans
Mango Chicken Stir-Fry*
Navy Beans
Oven Baked Chicken Breasts
Oven Baked Pork Loin
Oven Fried Chicken with Squash
Pinto Beans
Pollock
Pork Loin Chops
Pork Loin Roast
Pork Tenderloin
Pork/Chicken/Shrimp Stir Fry
Rolled ham and Swiss omelet
Rosemary Lemon Chicken with Vegetables*
Salmon
Scallops
Sea Bass
Sesame Chicken with Peppers and Snow Peas*
Shrimp
Skinless Chicken Breasts
Skinless Chicken Thighs
Skinless Turkey Breasts
Skinless Turkey Thighs
Snapper
Southwestern Frittata*
Soy Beans



Spinach Frittata*
Split Peas
Swordfish
Trout
Tuna
Tuna Apple Salad
Turkey Breasts
Turkey Chili
Turkey Stew
Vegetable Brunch Pie*
Vegetable Chili*
Vegetable Frittata *
Vegetable Quiche*
Veggie Burgers
White Beans



GRAINS (Side Dish)

Amaranth
Barley and Roasted Tomato Risotto*
Biscuits
Brown Rice
Brown Rice Pilaf with asparagus and mushrooms*
Buckwheat
Bulgur (cracked wheat)
Corn Bread Muffins
Corn Tortillas
Cornbread with Spicy Black-eye Peas*
Couscous
Dirty Rice and Black-eyed Peas*
French bread
Macaroni Salad
Mediterranean Orzo Salad*
Mexican Rice*
Millet
Naan
Not Fried Rice*
Orzo
Paella with chicken, leeks and tarragon*
Pita Bread
Polenta with fresh vegetables*
Quinoa
Raviolis
Risotto
Sorghum
Sugar Snap Peas and Barley Salad*
Swiss chard Pinwheel Bread*

GRAINS (cont.)

Tortellini
Tortilla Pizzas
Tropical Bulgur*
Whole Cornmeal
Whole Grain Barley
Whole Rye
Whole Wheat Crackers
Whole Wheat Dinner Roll
Whole Wheat Pasta
Whole Wheat Sandwich Buns and Rolls
Whole Wheat Tortillas
Wild Rice



VEGETABLES (Side Dish)

Acorn Squash
Artichokes
Arugula
Asparagus
Avocado
Baked Potatoes
Bean Sprouts
Beets
Bell Peppers
Black Beans
Black-eyed peas
Bok Choy
Broccoli
Broccoli Slaw
Brussels Sprout
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Chef Salad
Coleslaw
Collard Greens
Corn
Corn and Green Chili Salad*
Corn Chowder*
Creole Green Beans*

Cucumber Yogurt Dip*
Cucumbers
Dark Green Leafy Lettuce
Eggplant
Eggplant Patties
Garbanzo Beans
Garlic
Green Beans
Iceberg Lettuce
Jicama
Kale
Kidney Beans
Lentils
Lima Beans
Mashed Potatoes
Mushrooms
Navy Beans
Okra
Onions
Oven Wedge Fries
Peas
Pinto Beans
Plantains
Potato Pancakes
Potato Salad
Potatoes
Pumpkin
Radishes
Romaine Lettuce
Sautéed Okra with Onions and Tomatoes
Savory Greens*
Simmered Beans with Roasted Bell Pepper*
Soy beans
Spaghetti Squash
Spinach
Spinach and Strawberry Salad*
Spinach Corn Casserole*
Split Peas
Spud Stuffers*
Sugar Snap Peas
Summer Squash
Sweet Potato Fries
Sweet Potato Hash*
Sweet Potatoes
Swiss chard
Tomato Soup



VEGETABLES (cont.)

Tomatoes
Turnips
Vegetable Kabobs
Vegetable Tortilla Roll-up
Watercress
White Beans
Yams
Zucchini

FRUITS (see list @ Breakfast)

SNACK IDEAS

GRAINS

Enriched Biscuits
Enriched Bread Sticks
Brown Rice
Carrot and Spice Quick Bread*
Confetti Quinoa*
Whole Wheat English Muffin
French bread pizza
Granola with raisins, apples, and cinnamon
Grape Nuts
Hard Pretzels
Honey and Banana Whole Wheat Sandwich
Muesli Breakfast Bars*
Whole Wheat Pasta Salad
Pita Bread
Pizza Bagel
Pumpkin Muffins
Raisin Bread
Rice Cake
Rice Crackers
Rye Crackers
Soup in a Bread Bowl
Whole Wheat Bagels
Whole Wheat Bread
Whole Wheat Crackers
Whole Wheat Crackers and Tuna
Whole Wheat Crackers and Cheese
Whole Wheat Muffins
Zucchini, Salsa and Cheese Crackers



PROTEIN

Almonds
Bean Dip*
Cashews
Non-fat/Low-fat Cottage Cheese
Deviled Eggs*
Hard Boiled Eggs
Hazelnuts
Hummus
Lean Turkey Breast
Low-fat Cheese
Mixed Nuts
Non-fat/Low-fat Cottage Cheese
Non-fat/Low-fat Milk
Non-fat/Low-fat Yogurt
Peanut Butter
Peanut Butter and Banana Sandwich
Peanut Butter and Celery
Peanuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Scrambled Eggs
Spring Rolls with Shrimp *
String Cheese
Sunflower Seeds, unsalted
Walnuts
White Bean Dip*



FRUITS (see list @ Breakfast)

VEGETABLES (see list @ Lunch/Dinner)

*USDA Recipes for Child Care available online at: www.nfsmi.org

Other recipes available at:

www.mayoclinic.com
www.cachampionsforchange.net
www.cookinglight.com
www.kidshealth.org
www.eatingwell.com
www.ChooseMyPlate.gov