

# MO's Harvest of the Season – Winter Menu

Sweet potatoes, winter squash

|  | Monday                              | Tuesday                         | Wednesday                               | Thursday  | Friday  |
|--|-------------------------------------|---------------------------------|---|---|---|
| <b>BREAKFAST</b>   |                                     |                                 |   |   |   |
| Fluid Milk *(Unflavored for children under 6-years of age) | *1% or fat-free                     | 1% or fat-free                  | 1% or fat-free                          | 1% or fat-free                                    | 1% or fat-free                                  |
| Juice, Fruit, or Vegetable                                 | Orange smiles                       | Warm diced peaches (juice pack) | Banana smiles                           | Fresh or frozen berry topping                     | Fresh grape halves                              |
| Grain/Bread  |                                     | Warm brown rice                 | WG Cheerios®                            | Oatmeal   | WG toast  |
| Meat or Meat Alternate                                     | Scrambled egg                       |                                 |   |   | Cheese cubes                                    |
| Other Foods  |                                     |                                 |   |   |   |
| <b>LUNCH</b>   |                                     |                                 |   |   |   |
| Fluid Milk   | 1% or fat-free                      | 1% or fat-free                  | 1% or fat-free                          | 1% or fat-free                                    | 1% or fat-free                                  |
| Fruit of Vegetable   | <b>Chili roasted sweet potatoes</b> | Mandarin oranges                | Tossed salad                            | Butternut squash in stir fry                      | Sweet potatoes in spaghetti                     |
| Fruit or Vegetable   | Steamed green beans                 | Broccoli in Chic Penne          | Taco soup – tomato based soup & corn    | Chunky mixed fruit                                | Applesauce                                      |
| Grain/Bread  | WG bun                              | WG Penne                        | Corn tortilla chips                     | Brown rice  | Spaghetti noodles                               |
| Meat or Meat Alternate                                     | <b>Ground Beef Sloppy joe</b>       | <b>Chic Penne</b>               | <b>Ground beef &amp; bean Taco Soup</b> | <b>Stir fry fajita chicken, squash &amp; corn</b> | <b>Somali spaghetti</b> (ground beef or turkey) |
| Other Foods  |                                     |                                 |   |   |   |
| <b>SNACK – Select 2 of the 4 components.</b>               |                                     |                                 |   |   |   |
| Fluid Milk   |                                     | 1% or fat-free                  |   |   | 1% or fat-free                                  |
| Juice, Fruit, or Vegetable                                 | Pineapple tidbits                   | <b>Spiced apple topping</b>     | Carrot & celery sticks                  |   |   |
| Grain/Bread  |                                     | Cream of Wheat                  |   | WG toast  | WG mini bagel                                   |
| Meat or Meat Alternate                                     | Cottage cheese                      |                                 | <b>Lentil squash hummus</b>             | Hard cooked egg                                   | Sunflower butter or peanut butter               |
| Other Foods  | Water                               | Water                           | Water                                   | Water   | Water   |

**Menu Guide:**

WG = whole grain served at least once per day

Yogurt must contain no more than 23 grams of sugar per 6 ounces

Cereal no more than 6 grams of sugar per ounce

**BOLD** = recipe provided on: [www.health.mo.gov/growingwithMO](http://www.health.mo.gov/growingwithMO)