

MO's Harvest of the Season – Fall Menu

Tomatoes, Spinach, Apples

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
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
Fruit, or Vegetable	Grapes, halved	Diced peaches	Cranberry Applesauce	Tropical mixed fruit	Baked apple slices with cinnamon
Grain/Bread		Oatmeal	WG pancake or waffle	WG flour tortilla	Cream of Wheat
Meat or Meat Alternate	Hard cooked egg			Cheese Quesadilla	
Other Foods					
LUNCH					
Fluid Milk	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free
Fruit or Vegetable	Orange smiles	Tomato soup	Pineapple tidbits & blueberries	Mixed berries and bananas	Baby spinach salad
Fruit or Vegetable	Vegetables in stew	Steamed Green beans	Steamed broccoli	Cucumber slices & grape tomato halves	Orange Glazed Carrots
Grain/Bread	Whole grain roll	WG bread	Noodles	WG bread	Brown rice
Meat or Meat Alternate	Hamburger Vegetable Apple Cider Stew	Grilled cheese on WG bread	Chicken & Noodles	Tuna salad sandwich	Baked chicken
Other Foods		Vanilla yogurt			
SNACK – Select 2 of the 4 components					
Fluid Milk					1% or fat-free
Fruit, or Vegetable	Fiesta Salad with tomato, corn & black beans	Fresh apple slices	Spinach in wrap		
Vegetable					
Grain/Bread	WG tortilla chips		WG flour tortilla	WG toast	Apple Pie Snack Mix
Meat or Meat Alternate		Cheese cubes	Turkey Tortilla Snack Wrap	Hard cooked egg	
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