

MO's Harvest of the Season – Spring Menu

Strawberries, Broccoli, Lettuce

	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	Fresh strawberries	Orange smiles	Banana smiles	Sliced strawberries	Blueberries
Grain/Bread	WG cereal		WG toast	WG Cheerios®	Oatmeal
Meat or Meat Alternate		Scrambled eggs with cheese			
Other Foods			Nut butter (sunflower or peanut)		
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	Steamed broccoli	Crispy baby carrots	Spring mix lettuce salad	Broccoli Cheese Soup (1/4 cup vegetable)	Casserole vegetables (1/4 cup)
Fruit or Vegetable	Cinnamon applesauce	Grape halves	Diced peaches & pears	Mixed fruit	Sliced kiwi & strawberries
Grain/Bread	WG Rotini pasta	WG bread	Flour tortilla	WG breadstick	Brown rice
Meat or Meat Alternate	Chicken Alfredo with a Twist	Egg salad sandwich	Bean & cheese burrito	Broccoli Cheese Soup (3/4 oz cheese)	Chicken Curry Casserole
Other Foods			Salsa	Vanilla yogurt	
SNACK					
Fluid Milk				1% or fat-free milk	
Fruit, or Vegetable	Diced pears	Stop light bell pepper strips (red, yellow & green)	Pineapple tidbits		Sunny broccoli salad
Vegetable					
Grain/Bread	Pretzels			Cornbread	WG crackers
Meat or Meat Alternate			Cottage cheese		
Other Foods	Water	Cucumber Tzatziki Dip 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