



## CASY Lunch & Dinner Menu Templates *Revised January 2012*

Lunch & Dinner Components:

1. Milk: *Per CACFP and FSSA licensing requirements providers must serve the appropriate milk to the appropriate age group. For toddlers between 12 months and 2 years of age serve whole or 2% milk. For children older than 2 years serve **only** 1% milk.*
2. Meat, Poultry, Fish, Cheese, Eggs, Dry Beans/Peas, Yogurt or Peanut Butter
3. Bread, Pasta, or Grain
4. Fruit or Vegetable
5. Second Fruit or Vegetable (*Juice not reimbursable at Lunch/Dinner*)

1. Milk 2. Fish Sticks 3. Cornbread 4. Tossed Salad 5. Mandarin Oranges  #200	1. Milk 2. Chicken Breast 3. Biscuit 4. Peas 5. Peaches  #201	1. Milk 2. Chicken Nuggets 3. Wheat Bread 4. Corn 5. Watermelon  #202	1. Milk 2. Turkey Breast 3. Roll 4. Broccoli 5. Applesauce  #203	1. Milk 2. Ground Beef (patty) 3. Hamburger Bun 4. Mixed Veggies 5. Fruit Salad  #204
1. Milk 2. Chicken Stew Meat (in Pot Pie-HOMEMADE) 2. Pie Crust 3. Baked Beans 4. Baked Apples  #205	1. Milk 2. Stew Meat-Beef 3. Egg Noodles 4. Mashed Potatoes 5. Green Beans (H.B Egg as protein helper)  #206	1. Milk 2. Ham Slice 3. Whole Wheat Bread 4. Carrots 5. Fruit Cocktail  #207	1. Milk 2. Ground Beef (Serve as Meatloaf) 3. White Bread 4. Tossed Salad 5. Pears  #208	1. Milk 2. Tuna Casserole 3. Noodles 4. Asparagus 5. Peaches (cottage cheese as protein helper)  #210
1. Milk 2. Chuck Roast 3. Wheat Bread 4. Carrots 5. Baked Potato  #211	1. Milk 2. Beef Franks 3. Hot Dog Bun 4. Baked Beans 5. Grapes  #212	1. Milk 2. Fish Fillets 3. Hushpuppies 4. Cabbage Red/White (serve as Cole Slaw) 5. Pineapple  #213	1. Milk 2. Shrimp 3. Tortellini (with Alfredo sauce) 4. Beets 5. Fruit Cocktail  #214	1. Milk 2. Ground Beef (serve as lasagna) 3. Lasagna Noodles 4. Grapes 5. Tossed Salad  #215

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1. Milk 2. Polish Kielbasa 3. Bread Sticks 4. Sauerkraut 5. Green Beans  #216	1. Milk 2. Mozzarella Sticks 3. Spaghetti O's 4. Celery 5. Nectarine (Peanut Butter as protein helper) #217	1. Milk 2. Cheese Slice 3. Wheat Crackers 4. Carrots 5. Banana (yogurt as protein helper) #218	1. Milk 2. Chicken Stew Meat (serve as tacos) 3. Hard Taco Shell 4. Lettuce & Tomato (on the side) 5. Fruit Cocktail #220	1. Milk 2. Salisbury Steak 3. Brown Rice 4. Mixed Veggies 5. Mashed Potatoes  #221
1. Milk 2. Baked Chicken 3. Wheat Bread 4. Green Beans 5. Cantaloupe  #222	1. Milk 2. Ground Beef (serve as chili soup) 3. Saltine Crackers 4. Tossed Salad 5. Pears  #223	1. Milk 2. Tuna 3. Pita Bread 4. Peas & Carrots 5. Dried Mixed Fruit  #224	1. Milk 2. Turkey Meatballs 3. Whole Wheat Noodles 4. Sweet Potato Sticks 5. Peaches  #225	1. Milk 2. Grilled Cheese Sandwich 3. Wheat Bread 4. Baked Potato 5. Green Beans (cottage cheese as protein helper) #226
1. Milk 2. Chicken Stew Meat (serve as chicken salad) 3. Croissant 4. Mixed Veggies 5. Dates #227	1. Milk 2. Roast Pork (BBQ) 3. Hamburger Bun 4. Potato Red/white (serve as Potato Salad) 5. Applesauce #228	1. Milk 2. Ground Pork (serve as Sausage Patty) 3. English Muffin 4. Hashbrowns 5. Peaches #230	1. Milk 2. Chicken Thigh (serve grilled as Chicken Tenders) 3. Mac N Cheese (boxed) 4. Okra 5. Fresh Fruit Plate #231	1. Milk 2. Great Northern Beans (serve as Ham n Beans) 3. Cornbread 4. Asparagus 5. Pears #232

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1. Milk 2. Ground Beef 3. Spaghetti Noodles 4. Tossed Salad 5. Oranges  #233	1. Milk 2. Turkey 3. Roll 4. Peas 5. Grapes  #234	1. Milk 2. Mozzarella Cheese Pizza 3. Pizza Crust 4. Fruit Cocktail 5. Corn (cottage cheese as protein helper) #235	1. Milk 2. Baked Chicken Breast 3. Brown Rice 4. Green Beans 5. Strawberries  #236	1. Milk 2. Bologna N Cheese 3. Wheat Bread 4. Split Pea Soup 5. Apple Slices  #237
1. Milk 2. Scrambled Eggs 3. Whole Grain Tortilla <i>(serve as roll up)</i> 4. Red Peppers <i>(on the side)</i> 5. Hashbrowns #238	1. Milk 2. Chicken Patty 3. Hamburger Bun 4. Onion Rings 5. Papaya  #240	1. Milk 2. Popcorn Shrimp 3. White Rice 4. Mixed Vegetables 5. Grapefruit  #241	1. Milk 2. Gr. Beef <i>(serve as Sloppy Joe)</i> 3. Hamburger Bun 4. Broccoli 5. Apple Slices  #242	1. Milk 2. Salmon Patties 3. Mac N Cheese <i>(boxed)</i> 4. Peas 5. Peaches  #243
1. Milk 2. Cottage Cheese 3. Macaroni Noodles 4. Tomatoes 5. Pineapple  #244	1. Milk 2. Tuna Patties 3. Wild Rice 4. Spinach 5. Corn  #245	1. Milk 2. Turkey Roast 3. Stuffing/Dressing 4. Cauliflower 5. Cranberry <i>(can use sauce but must be made with whole cranberries to be credible)</i> #246	1. Milk 2. Canadian Bacon 3. Waffles/Pancakes 4. Hashbrowns 5. Blueberries  #247	1. Milk 2. Peanut Butter 3. Whole Grain Bagel 4. Celery 5. Kiwi (cheese cubes as protein helper)  #248

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1. Milk 2. Fish Sticks 3. Saltine Crackers 4. Potato Soup 5. Carrot Sticks  #250	1. Milk 2. Pot Roast 3. Biscuits 4. Sweet Potatoes 5. Stewed Apples <i>*inspired by Australia</i> #251	1. Milk 2. Round Steak 3. White Rice 4. Bean Soup 5. Okra <i>*inspired by Brazil</i> #252	1. Milk 2. Ground Beef 3. Potato Bread 4. Grilled Corn 5. Banana <i>*inspired by Kenya</i> #253	1. Milk 2. Yogurt 3. Baked Pita Bread 4. Garbanzo Beans 5. Eggplant <i>*inspired by Egypt</i> #254
1. Milk 2. Ground Beef (serve as Meatloaf) 3. Rice 4. Cabbage (can serve with tomato sauce and stuffed with rice) 5. Yams <i>*inspired by Russia</i> #255	1. Milk 2. Egg Quiche 3. Croissant 4. Potatoes (steamed or roasted) 5. Tossed Salad <i>*inspired by France</i> #256	1. Milk 2. Pork Sausage 3. Dumplings 4. Sauerkraut 5. Broccoli <i>*inspired by Germany</i> #257	1. Milk 2. Swedish Beef Meatballs 3. Egg Noodles 4. Tomatoes (topped with mozzarella) 5. Mixed berries <i>*inspired by Sweden</i> #258	1. Milk 2. Roasted Pork 3. Pita Bread 4. Whole Potatoes 5. Green peppers (with Onions) <i>*inspired by Greece</i> #260
1. Milk 2. Tuna 3. French Bread 4. Lettuce N Tomato Strips <i>*inspired by France</i> #261	1. Milk 2. Cashew Nuts (must serve cottage cheese as protein helper) 3. Brown Rice 4. Stir Fry Veggies 5. Watermelon <i>*inspired by China</i> #262	1. Milk 2. Hard boiled Egg 3. White Rice 4. Peas/Carrots 5. Strawberries <i>*inspired by China</i> #263	1. Milk 2. Ground Beef Taco 3. Taco Shell 4. Corn 5. Papaya <i>*inspired by Mexico</i> #264	1. Milk 2. Veal 3. Ravioli (frozen or HM) 4. Artichokes 5. Tomatoes <i>*inspired by Italy</i> #265

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<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Beef Franks</li> <li>3. Hot Dog Bun</li> <li>4. Corn</li> <li>5. Mangos</li> </ol> <p>#266</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Egg Omelet</li> <li>3. Wheat Toast</li> <li>4. Green Peppers/Tomatoes</li> <li>5. Plums</li> </ol> <p>#267</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Ham Cubes, Boiled Egg, Cheese</li> <li>3. Saltine Crackers</li> <li>4. Tossed Salad</li> <li>5. Pineapple</li> </ol> <p>#268</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Chicken Stew Meat</li> <li>3. Dumplings</li> <li>4. Mashed Potatoes</li> <li>5. Blackberries</li> </ol> <p>#270</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Ham</li> <li>3. Hamburger Bun</li> <li>4. French Fries</li> <li>5. Grapes</li> </ol> <p>#271</p>
<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Turkey Lunchmeat</li> <li>3. Whole Wheat Tortilla</li> <li>4. Pickle/Alfalfa Sprouts <i>(serve as a side)</i></li> <li>5. Watermelon</li> </ol> <p>#272</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Beans N Weenies</li> <li>3. Garlic Bread</li> <li>4. Tossed Salad</li> <li>5. Fresh Fruit Plate</li> </ol> <p>#273</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Pork Chops</li> <li>3. White Rice</li> <li>4. Asparagus</li> <li>5. Mixed Berries</li> </ol> <p>#274</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Peanut Butter Jelly Sandwich</li> <li>3. Wheat Bread</li> <li>4. Carrots</li> <li>5. Bananas <i>(cheese as protein helper)</i></li> </ol> <p>#275</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Refried Beans with Shredded Cheese</li> <li>3. Taco Shell</li> <li>4. Corn</li> <li>5. Mandarin Oranges</li> </ol> <p>#276</p>
<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Chicken Breast</li> <li>3. Tortellini</li> <li>4. Green Beans</li> <li>5. Oranges</li> </ol> <p>#277</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Ground Turkey with Spaghetti Sauce</li> <li>3. Macaroni Noodles</li> <li>4. Tossed Salad</li> <li>5. Pears</li> </ol> <p>#278</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Pork Ground Patty</li> <li>3. Oatmeal Bread</li> <li>4. Tator Tots</li> <li>5. Strawberries</li> </ol> <p>#280</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Ground Turkey <i>(Serve as sloppy Joes)</i></li> <li>3. Hamburger Bun</li> <li>4. Baked Potato</li> <li>5. Broccoli n Cheese</li> </ol> <p>#281</p>	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. String Cheese</li> <li>3. Saltine Crackers</li> <li>4. Vegetable Soup</li> <li>5. Pears <i>(cottage cheese as protein helper)</i></li> </ol> <p>#282</p>

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1. Milk 2. Corn Dog 3. Corn Dog wrap 4. Green Beans 5. Grapes  #283	1. Milk 2. Bologna <i>(serve as Ham Salad)</i> 3. Bagel Chips 4. Peas 5. Strawberries  #284	1. Milk 2. Cheese Sticks 3. Ramen Noodles 4. Broccoli 5. Orange  #285	1. Milk 2. Soy Burger ( <i>verify your product is credible by referring to "What's in Meal"</i> ) 3. Hamburger Bun 4. Tomato & Lettuce 5. French Fries  #286	1. Milk 2. Shrimp Kabobs 3. White Rice 4. Mushrooms 5. Pineapple <i>(cheese cubes for protein helper)</i>  #287
1. Milk 2. Baked Tilapia 3. Brown Rice 4. Cauliflower 5. Pickle  #288				

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