



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 (serve as roll up) 4. Red Peppers (on the side) 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 (serve as Sloppy Joe) 3. Hamburger Bun 4. Broccoli 5. Apple Slices #242	1. Milk 2. Salmon Patties 3. Mac N Cheese (boxed) 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 (can use sauce but must be made with whole cranberries to be credible) #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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1. Milk 2. Beef Franks 3. Hot Dog Bun 4. Corn 5. Mangos #266	1. Milk 2. Egg Omelet 3. Wheat Toast 4. Green Peppers/Tomatoes 5. Plums #267	1. Milk 2. Ham Cubes, Boiled Egg, Cheese 3. Saltine Crackers 4. Tossed Salad 5. Pineapple #268	1. Milk 2. Chicken Stew Meat 3. Dumplings 4. Mashed Potatoes 5. Blackberries #270	1. Milk 2. Ham 3. Hamburger Bun 4. French Fries 5. Grapes #271
1. Milk 2. Turkey Lunchmeat 3. Whole Wheat Tortilla 4. Pickle/Alfalfa Sprouts (<i>serve as a side</i>) 5. Watermelon #272	1. Milk 2. Beans N Weenies 3. Garlic Bread 4. Tossed Salad 5. Fresh Fruit Plate #273	1. Milk 2. Pork Chops 3. White Rice 4. Asparagus 5. Mixed Berries #274	1. Milk 2. Peanut Butter Jelly Sandwich 3. Wheat Bread 4. Carrots 5. Bananas (<i>cheese as protein helper</i>) #275	1. Milk 2. Refried Beans with Shredded Cheese 3. Taco Shell 4. Corn 5. Mandarin Oranges #276
1. Milk 2. Chicken Breast 3. Tortellini 4. Green Beans 5. Oranges #277	1. Milk 2. Ground Turkey with Spaghetti Sauce 3. Macaroni Noodles 4. Tossed Salad 5. Pears #278	1. Milk 2. Pork Ground Patty 3. Oatmeal Bread 4. Tator Tots 5. Strawberries #280	1. Milk 2. Ground Turkey (<i>Serve as sloppy Joes</i>) 3. Hamburger Bun 4. Baked Potato 5. Broccoli n Cheese #281	1. Milk 2. String Cheese 3. Saltine Crackers 4. Vegetable Soup 5. Pears (<i>cottage cheese as protein helper</i>) #282

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1. Milk 2. Corn Dog 3. Corn Dog wrap 4. Green Beans 5. Grapes #283	1. Milk 2. Bologna (serve as Ham Salad) 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 (verify your product is credible by referring to "What's in Meal") 3. Hamburger Bun 4. Tomato & Lettuce 5. French Fries #286	1. Milk 2. Shrimp Kabobs 3. White Rice 4. Mushrooms 5. Pineapple (cheese cubes for protein helper) #287
1. Milk 2. Baked Tilapia 3. Brown Rice 4. Cauliflower 5. Pickle #288				

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