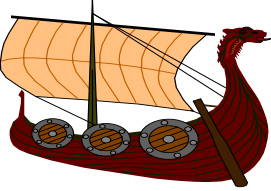
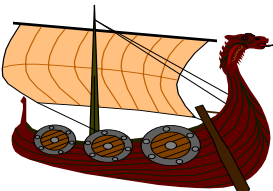


# Menu Mate

Instead of writing out all your breakfasts and snacks for children one year and older, you can write a code. Simply use this list to find the breakfast or snack of your choice and record the code in the appropriate space on your menu.

<u>BREAKFAST</u>	<u>SNACKS</u>	
<b>B1</b> Fruit or Vegetable Bagel or Toast Milk	<b>Sn1</b> Pretzels Milk or Juice	<b>Sn11</b> Peanut Butter Crackers or Bread
<b>B2</b> Juice Bagel or Toast Milk	<b>Sn2</b> Cheese Crackers or Pretzels	<b>Sn12</b> Salsa Tortilla Chips
<b>B3</b> Fruit or Vegetable Waffle or Pancake Milk	<b>Sn3</b> Donuts or Pop Tarts Milk or Juice	<b>Sn13</b> Muffin Milk or Juice
<b>B4</b> Juice Waffle or Pancake Milk	<b>Sn4</b> Crackers Milk or Juice	<b>Sn14</b> Yogurt or Cheese or Egg Fruit or Juice
<b>B5</b> Fruit or Vegetable Cereal (hot or cold) Milk	<b>Sn5</b> Fruit Milk	<b>Sn15</b> Tortilla or Tortilla Chips Cheese
<b>B6</b> Juice Cereal (hot or cold) Milk	<b>Sn6</b> Cereal Milk or Juice	<b>Sn16</b> Granola or Cereal Bar Milk or Juice
<b>B7</b> Fruit or Vegetable Donut or Pop Tart Milk	<b>Sn7</b> Cookies Milk or Juice	<b>Sn17</b> Bread or Bagel Milk or Juice
<b>B8</b> Juice Donut or Pop Tart Milk	<b>Sn8</b> Cake Milk or Juice	<b>Sn18</b> Fruit or Vegetable Crackers
	<b>Sn9</b> Peanut Butter Vegetable or Fruit	<b>Sn19</b> Lunch meat Crackers or Bread
	<b>Sn10</b> Cottage Cheese Fruit or Vegetable	<b>Sn20</b> Vegetable Milk

<u><b>SUPPERS</b></u>	<u><b>LUNCHES</b></u>	
<b>SU 1</b> Beef or Pork Roast Bread or Rolls Potato Carrots Milk	<b>L 1</b> Chicken Nuggets Bread Green Beans Corn Milk	<b>L11</b> Cheese Cubes/Yogurt Crackers Lettuce Salad Fruit Cup Milk
<b>SU 2</b> Chicken Bread Green Beans Potato choice Milk	<b>L 2</b> Cheese Pizza (HM) Crust Tomato Sauce Carrot Sticks Milk	<b>L12</b> Lunchmeat Bread or Rolls Lettuce/Tomato Applesauce Milk
<b>SU 3</b> Ham Rolls Fruit Cup Green Beans Milk	<b>L 3</b> Corndogs French Fries Applesauce Milk	<b>L13</b> Cottage Cheese Crackers Cucumbers Pineapple Milk
<b>SU 4</b> Sloppy Joes Buns Baked Beans Applesauce Milk	<b>L4</b> Scrambled Eggs Toast Hash Browns Orange Juice Milk	<b>L14</b> Hotdogs Buns French Fries Fruit Cocktail Milk
<b>SU 5</b> Hamburger Spaghetti Tomato Sauce Corn Milk	<b>L5</b> Chicken or Salmon Patties Bun Jell-O with bananas Grapes Milk	<b>L15</b> Hamburger Noodles or Bread Carrots Corn Milk
<b>SU 6</b> Hamburger Tortilla Lettuce/Tomato Refried Beans (side) Milk	<b>L6</b> Fish Sticks Macaroni and cheese Carrot Sticks Peas Milk	<b>L16</b> Cheese English Muffins Pizza Sauce 100 % juice Milk
<b>SU 7</b> Tuna Noodles Peas and Carrots Peaches Milk	<b>L7</b> Grilled Cheese Bread Peaches Vegetable or Tomato Soup Milk	<b>L17</b> Meat Spaghetti Tomato Sauce Lettuce Salad Milk
<b>SU 8</b> Chicken or Beef Rice Mixed Vegetables Grapes Milk	<b>L8</b> Extra Cheese Macaroni Jell-O with 100% Juice Corn Milk	<b>L18</b> Cheese or Meat Taco Shell Lettuce/Tomato Refried Beans (side) Milk
	<b>L9</b> Peanut Butter/Cheese Bread Carrot Sticks Banana Milk	<b>L19</b> Tuna, Chicken, or Egg Salad Crackers Celery/Carrot Sticks Tomatoes Milk
	<b>L10</b> Tuna Bread Apple Slices Melon Milk	<b>L20</b> Yogurt Cereal choice Strawberries or blueberries Melon Milk