

Master Menu List Children's Hunger Alliance

Meal Type: Breakfast

<u># /Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
50 MM #50		Bagel (01)	Apple Juice (51)		Fluid Milk (07)
51 MM #51		Cold Cereal (40)	Strawberries (37)		Fluid Milk (07)
52 MM #52		Cinnamon or Sweet Rolls (52)	Mixed Fruit (22)		Fluid Milk (07)
53 MM #53		Biscuits (02)	Pears (27)		Fluid Milk (07)
54 MM #54		Cold Cereal (40)	Peaches (26)		Fluid Milk (07)
55 MM #55		Hot Cereal (41)	Bananas (04)		Fluid Milk (07)
56 MM #56		Pancakes / Waffles (88)	Blueberries (06)		Fluid Milk (07)
57 MM #57		Pancakes / Waffles (88)	Strawberries (37)		Fluid Milk (07)
58 MM #58		Wheat Bread (35)	Pineapple (30)		Fluid Milk (07)
60 MM #60		Fruit Muffin / Bread (143)	Grape Juice (54)		Fluid Milk (07)
61 MM #61		Donuts (no frosting) (54)	Orange Juice (58)		Fluid Milk (07)
62 MM #62		Cold Cereal (40)	Apple Juice (51)		Fluid Milk (07)
63 MM #63		Popovers / Toaster Pastries (57)	Apples (01)		Fluid Milk (07)
64 MM #64		Croissants (08)	Strawberries (37)		Fluid Milk (07)
65 MM #65		Wheat Bread (35)	Hash Browns (224)		Fluid Milk (07)
66 MM #66		French Toast (15)	Strawberries (37)		Fluid Milk (07)
67 MM #67		Grits (Enriched Flour) (84)	Apples (01)		Fluid Milk (07)
68 MM #68		Hot Cereal (41)	Peaches (26)		Fluid Milk (07)
70 MM #70		English Muffin (12)	Orange Juice (58)		Fluid Milk (07)
71 MM #71		Cold Cereal (40)	Honeydew Melon (16)		Fluid Milk (07)
72 MM #72		Wheat Bread (35)	Orange Juice (58)		Fluid Milk (07)
73 MM #73		French Toast (15)	Peaches (26)		Fluid Milk (07)
74 MM #74		Bagel (01)	Grape Juice (54)		Flavored Milk (03)
75 MM #75		Cold Cereal (40)	Bananas (04)		Fluid Milk (07)
77 MM #77		Bagel (01)	Bananas (04)		Fluid Milk (07)
78 MM #78		Cold Cereal (40)	Orange Juice (58)		Fluid Milk (07)
80 MM #80		Cinnamon or Sweet Rolls (52)	Applesauce (02)		Flavored Milk (03)
81 MM #81		Hot Cereal (41)	Orange Juice (58)		Fluid Milk (07)
82 MM #82		Pancakes / Waffles (88)	Cherry Juice (53)		Fluid Milk (07)
83 MM #83		English Muffin (12)	Kiwi (18)		Fluid Milk (07)
84 MM #84		Cold Cereal (40)	Blueberries (06)		Fluid Milk (07)
85 MM #85		Pancakes / Waffles (88)	Bananas (04)		Fluid Milk (07)
86 MM #86		Popovers / Toaster Pastries (57)	Pears (27)		Fluid Milk (07)
87 MM #87		Hot Cereal (41)	Mixed Fruit (22)		Fluid Milk (07)
88 MM #88		Fruit Muffin / Bread (143)	Bananas (04)		Fluid Milk (07)
100 MM #100		Wheat Bread (35)	Mixed Fruit (22)		Fluid Milk (07)
101 MM #101		Bagel (01)	Cranberries / Sauce (10)		Fluid Milk (07)
102 MM #102		Cold Cereal (40)	Mixed Fruit (22)		Fluid Milk (07)
103 MM #103		Pancakes / Waffles (88)	Apple Juice (51)		Fluid Milk (07)

Meal Type: Lunch/Dinner

<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
110 MM #110	Chicken (20)	Rolls (28)	Other Potato (226)	Green / Yellow Beans (184)	Fluid Milk (07)
111 MM #111	Beef Steak (14)	White Rice (134)	Green Peas (218)	Corn (161)	Fluid Milk (07)
112 Lasagna Meal	Ground Beef (02)	Pasta Noodles, Various (107)	Mixed Fruit (22)	Tossed Salad (214)	Fluid Milk (07)
113 MM #113	Ham (41)	Wheat Bread (35)	Cabbage (206)	Other Potato (226)	Fluid Milk (07)
114 Taco Meal	Ground Beef (02)	Taco Shell (142)	Broccoli (155)	Peaches (26)	Fluid Milk (07)
115 MM #115	Turkey (55)	Wheat Bread (35)	Applesauce (02)	Carrots (157)	Fluid Milk (07)
116 MM #116	Turkey (55)	Stuffing / Dressing (34)	Sweet Potato / Yams (230)	Greens, Turnip (215)	Fluid Milk (07)
117 MM #117	Egg (110)	Wheat Bread (35)	Hash Browns (224)	Orange Juice (58)	Fluid Milk (07)
118 Chili Meal	Ground Beef (02)	Other Crackers (64)	Oranges (24)	Other Beans (200)	Fluid Milk (07)
120 MM #120	Roast Beef (12)	Wheat Bread (35)	Other Potato (226)	Green / Yellow Beans (184)	Fluid Milk (07)
121 MM #121	Pork Chops / Cutlet (43)	Rolls (28)	Mashed Potatoes (225)	Pears (27)	Fluid Milk (07)
122 MM #122	Beef Steak (14)	White Rice (134)	Green Peas (218)	Mixed Fruit (22)	Fluid Milk (07)
123 MM #123	Beef Lunchmeat (04)	Wheat Bread (35)	Tomato / Vegetable Juice (63)	Celery (160)	Fluid Milk (07)
124 MM #124	Other Cheese (104)	Wheat Bread (35)	Tomato Soup (261)	Apples (01)	Fluid Milk (07)
125 MM #125	Pork Chops / Cutlet (43)	Wheat Bread (35)	Cabbage (206)	Peaches (26)	Fluid Milk (07)
126 MM #126	Corn Dog (11)	Corn Dog Wrap (07)	Mixed Fruit (22)	Other Beans (200)	Fluid Milk (07)
127 MM #127	Fish Fillets (31)	Hush Puppies (21)	Fried Potatoes (223)	Cabbage (206)	Fluid Milk (07)
128 MM #128	Beef Liver (3)	White Bread (36)	Pears (27)	Spinach (177)	Fluid Milk (07)
130 Tuna Casserole	Tuna (36)	Pasta Noodles, Various (107)	Corn (161)	Grapes (14)	Fluid Milk (07)
131 MM #131	Cheddar Cheese (82)	Macaroni Noodles (102)	Applesauce (02)	Broccoli (155)	Fluid Milk (07)
132 MM #132	Beef Franks (01)	Pasta Noodles, Various (107)	Apples (01)	Corn (161)	Fluid Milk (07)
133 MM #133	Red / Kidney Beans (77)	White Rice (134)	Mixed Fruit (22)	Corn (161)	Fluid Milk (07)
134 MM #134	Pork Kielbasa (42)	Cornbread or Corn Muffin (6)	Other Potato (226)	Cabbage (206)	Fluid Milk (07)
135 MM #135	Salmon (34)	White Rice (134)	Applesauce (02)	Green Peas (218)	Fluid Milk (07)
136 MM #136	Tuna (36)	Other Crackers (64)	Grape Juice (54)	French Fries (222)	Fluid Milk (07)
137 MM #137	Chicken (20)	Pasta Noodles, Various (107)	Honeydew Melon (16)	Mixed Vegetables (164)	Fluid Milk (07)
138 MM #138	<u>Ground Beef (02)</u>	White Rice (134)	Broccoli (155)	Apples (01)	Fluid Milk (07)
140 MM #140	Fish Fillets (31)	Bread Sticks (Soft Only) (03)	Mixed Vegetables (164)	Grapes (14)	Fluid Milk (07)
141 MM #141	Beef Steak (14)	French Bread (14)	Baked Potato (221)	Tossed Salad (214)	Fluid Milk (07)
142 MM #142	Chicken (20)	Rolls (28)	Green Peas (218)	Peaches (26)	Fluid Milk (07)
143 MM #143	Corn Dog (11)	Corn Dog Wrap (07)	French Fries (222)	Mixed Fruit (22)	Fluid Milk (07)
144 MM #144	Ham (41)	Wheat Bread (35)	Potato Salad (227)	Green / Yellow Beans (184)	Fluid Milk (07)
145 MM #145	Egg (110)	Wheat Bread (35)	Hash Browns (224)	Bananas (04)	Fluid Milk (07)
146 MM #146	Chicken (20)	White Bread (36)	Mixed Vegetables (164)	Cantaloupe (08)	Fluid Milk (07)
147 MM #147	Beef Ground (2)	French Bread (14)	Tomato Sauce (233)	Apricots (03)	Fluid Milk (07)
148 MM #148	Turkey (55)	Wheat Bread (35)	Kiwi (18)	Tossed Salad (214)	Fluid Milk (07)
150 MM #150	Fish Sticks (32)	Macaroni Noodles (102)	Green / Yellow Beans (184)	Mixed Fruit (22)	Fluid Milk (07)
151 MM #151	Chicken Nuggets (25)	Stuffing / Dressing (34)	French Fries (222)	Green Peas (218)	Fluid Milk (07)
152 MM #152	Egg (110)	Pita Bread (25)	Oranges (24)	Broccoli (155)	Fluid Milk (07)
153 MM #153	Cheddar Cheese (82)	White Bread (36)	Tomato Soup (261)	Grapes (14)	Fluid Milk (07)

154	Pizza Meal	Mozzarella Cheese (88)	Pizza Crust (71)	Cucumbers (162)	Cantaloupe (08)	Fluid Milk (07)
155	Beef Veg Stew/Soup	Beef Stew Meat (15)	Crackers (62)	Carrots (157)	Applesauce (02)	Fluid Milk (07)
156	Stuffed Peppers	Ground Beef (2)	Wheat Bread (35)	Peppers (171)	Jell-O w/Fruit (17)	Fluid Milk (07)
157	Chicken/Rice Casserole	Chicken (20)	Rice (134)	Pineapple (30)	Broccoli (155)	Fluid Milk (07)
158	Chicken Pot Pie	Chicken (20)	Puff Pastry Shells (72)	Apples (01)	Grapes (14)	Fluid Milk (07)
160	Rice and Pigeon Peas	Beans (74)	Rice (134)	Pigeon Peas (240)	Root Veg/Yucca (237)	Fluid Milk (07)
161	Rice and Beans	Beans (74)	Rice (134)	Tossed Salad (214)	Mixed Fruit (22)	Fluid Milk (07)
162	Rice with Sausage	Sausage (46)	Rice (134)	Beans (200)	Oranges (24)	Fluid Milk (07)
163	Rice with Chicken	Chicken (20)	Rice (134)	Beans (200)	Applesauce (02)	Fluid Milk (07)
164	Rice with Vegetables	Beans (74)	Rice (134)	Mixed Vegetables (164)	Guineos Verdos (43)	Fluid Milk (07)
165	Meat Turnover	Chicken (20)	Rice (134)	Beans (200)	Root Veg/Yucca (237)	Fluid Milk (07)
167	Gr Beef with Banana Crust	Ground Beef (02)	Verde/Plantain Crust (44)	Carrots (157)	Beans (200)	Fluid Milk (07)
168	Potato Ball	Ground Beef (02)	Verde/Plantain Crust (44)	Oranges (24)	Beans (200)	Fluid Milk (07)
170	Plantain & Ground Beef Pie	Ground Beef (02)	Rice (134)	Chayote (234)	Beans (200)	Fluid Milk (07)
171	Spaghetti Meal	Ground Beef (02)	Other Noodles (103)	Mandarin Oranges (20)	Celery (160)	Fluid Milk (07)
172	Chili Mac	Ground Beef (02)	Macaroni Noodles (102)	Mixed Fruit (22)	Broccoli (155)	Fluid Milk (07)
173	Cubed Pork & Vegetables	Ham (41)	Rice (134)	Root Veg/Yucca (237)	Mandarin Oranges (20)	Fluid Milk (07)
174	Peanut Butter Lunch	Peanut Butter as Meat (121)	White Bread (036)	Carrots (157)	Mixed Fruit (22)	Fluid Milk (07)
175	Salisbury Steak Meal	Beef Steak (14)	Rolls (28)	Mashed Potatoes (225)	Corn (161)	Fluid Milk (07)
176	Hamburger Meal	Ground Beef (02)	Hamburger Bun (17)	French Fries (222)	Peaches (26)	Fluid Milk (07)

Meal Type: Snack

<u>#/Name</u>	<u>Meat Food</u>	<u>Bread Food</u>	<u>First Veg/Fruit</u>	<u>Second Veg/Fruit</u>	<u>Milk Food</u>
10 MM #10		Cheese Crackers (211)			Fluid Milk (07)
11 MM #11		Popovers / Toaster Pastries (57)			Fluid Milk (07)
12 MM #12		Cookies (50)			Fluid Milk (07)
13 MM #13		Graham Crackers (60)			Fluid Milk (07)
14 MM #14		Cinnamon or Sweet Rolls (52)	Apples (01)		
15 MM #15	Cheddar Cheese (82)		Honeydew Melon (16)		
16 MM #16	Peanut Butter (120)	Wheat Bread (35)			
17 MM #17	Tuna (36)	Other Crackers (64)			
20 MM #20		Granola / Cereal Bar (56)	Orange Juice (58)		
21 MM #21	Peanut Butter (120)		Bananas (04)		
22 MM #22	Turkey (55)	Wheat Bread (35)			
23 MM #23		Pancakes / Waffles (88)	Apples (01)		
24 MM #24	Chicken (20)	Wheat Bread (35)			
25 MM #25	Egg (110)		Hash Browns (224)		
26 MM #26		Fruit Muffin / Bread (143)	Apple Juice (51)		
27 MM #27	Egg (110)	Wheat Bread (35)			
28 MM #28		Biscuits (02)			Fluid Milk (07)
30 MM #30		Cold Cereal (40)			Fluid Milk (07)
31 MM #31		Hot Cereal (41)			Fluid Milk (07)
32 MM #32		Pancakes / Waffles (88)	Peaches (26)		
33 MM #33		Fruit Muffin / Bread (143)	Carrots (157)		Fluid Milk (07)
34 MM #34		Wheat Bread (35)	Bananas (04)		Fluid Milk (07)
35 MM #35	Egg (110)	Other Crackers (64)			
36 MM #36		Graham Crackers (60)	Pineapple Juice (61)		
37 MM #37	Yogurt (130)		Mixed Fruit (22)		
38 MM #38		Other Crackers (64)	Tomato / V-8 Juice (63)		
40 MM #40		Cookies (50)	Bananas (04)		
41 MM #41	Peanut Butter (120)		Celery (160)		
42 MM #42	Cheddar Cheese (82)	Corn / Flour Tortilla (140)			
43 MM #43	Beef Franks (01)	Hot Dog Buns (20)			
44 MM #44	Cheddar Cheese (82)	Corn / Flour Tortilla (140)	Salsa (174)		
45 MM #45		Cinnamon or Sweet Rolls (52)	Orange Juice (58)		
46 MM #46	Yogurt (130)		Strawberries (37)		
47 MM #47		Cheese Crackers (211)	Pineapple (30)		
48 MM #48		Other Crackers (64)	Tomato / V-8 Juice (63)		