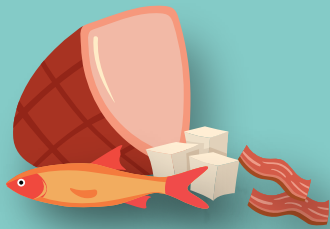


# Selecting MEAT AND MEAT ALTERNATES at Breakfast

In the Child and Adult Care Food Program, meat and meat alternates may be served in the place of grains up to three times a week at breakfast.

**3x**  
A WEEK

## STEP 1: CHOOSE A MEAT/MEAT ALTERNATE



- Ham
- Turkey
- Eggs
- Salmon
- Tuna
- Sausage
- Tofu
- Turkey Bacon
- Chicken
- Roast
- Beans

## STEP 2: CHOOSE AN ENTREE

- Burrito
- Quiche
- Salad
- Frittata
- Stir-fry
- Muffin
- Sandwich
- Casserole

