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.

**STEP 1: CHOOSE A MEAT/MEAT ALTERNATE**

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

**STEP 2: CHOOSE AN ENTREE**

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