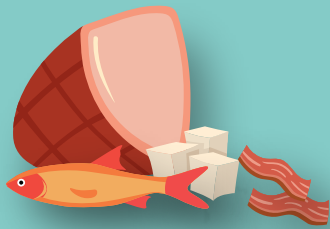


Selecting MEAT AND MEAT ALTERNATES at Breakfast

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

3x
A WEEK

STEP 1: CHOOSE A MEAT/MEAT ALTERNATE



- Ham
- Turkey
- Eggs
- Yogurt
- Tuna
- Sausage
- Tofu
- Cottage Cheese
- Chicken
- Roast
- Beans

STEP 2: CHOOSE AN ENTREE

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

