

Monday: Mighty Muffin Squares

Item	Serving Size	Meal Pattern	Recipe	What Makes it Healthy
Blueberry Oatmeal Muffin Square	1 serving	1 grain/bread, 1/6 cup fruit/ vegetable	USDA B-20*	Whole-grain recipe
Turkey Sausage Patty	1 patty	1 oz. meat/meat alternate		Use lower-fat option
Raisins	2 ozs.	1/3 cup fruit/vegetable		Good source of iron
Milk (variety)	8 fl. ozs.	1 milk		Offer lowfat varieties

Per Serving: 631 cal., 20.8 g pro., 111.6 g carb, 3.5 g fiber, 14.7 g fat, 4.4 g sat. fat, 61 mg chol., 773 mg sod., 378 mg ca., 833 RE vit. A, 4.1 mg vit. C, 2.7 mg iron

Total Meal Pattern: 1 oz. meat/meat alternate, 1/2 cup fruit/vegetable, 1 grain/bread, 1 milk

*U.S. Department of Agriculture (USDA) recipes can be found at www.fns.usda.gov/tn/Resources/usda_recipes.html or at www.schoolnutrition.org/nsbw.

All menus, menu names and recipes are *suggestions* for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your food-safety plan. SNA has not tested these recipes in a kitchen.