

Thursday: Breakfast Burrito Boost

Item	Serving Size	Meal Pattern	Recipe	What Makes it Healthy
Breakfast Burrito	1 Burrito	1½ grains/breads, 2 ozs. meat/meat alternate	SNA*	Use whole-wheat tortilla and reduced-fat cheese
Kiwi	1 medium (halved)	½ cup fruit/vegetable		Excellent source of vitamin C
Juice (variety)	4 ozs.	½ cup fruit/vegetable		Look for 100% juice
Milk (variety)	8 fl. ozs.	1 milk		Use lowfat varieties

Per Serving: 564 cal., 24 g pro., 91 g carb., 4.1 g fiber, 12.9 g fat, 4.2 g sat. fat., 204 mg chol., 604 mg sod., 476.5 mg ca., 927 RE vit. A, 106.8 mg vit. C, 2.7 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 1 cup fruit/vegetable, 1½ grains/breads, 1 milk

*SNA recipes can be found 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.