

Tuesday: Souped-up Cereal

Item	Serving Size	Meal Pattern	Recipe	What Makes it Healthy
Whole-grain Flaked Cereal	1 oz.	1 grain/bread		Offer whole-grain varieties
Graham Crackers	1 oz.	1 grain/bread		Use lower-sugar option
Peanut Butter Dip	2 Tbsps. or 1 oz.	1 oz. meat/meat alternate		Vegetarian protein source
Banana	1 small	1/2 cup fruit/vegetable		Rich in potassium
Milk (variety)	8 fl. ozs.	1 milk		Offer lowfat varieties

Per Serving: 575 cal., 20.2 g pro., 87.5 g carb., 7.3 g fiber, 19.6 g fat, 5 g sat. fat, 12 mg chol., 671 mg sod., 1,017.2 mg ca., 2,272 RE vit. A, 53.2 mg vit. C, 14.1 mg iron

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

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.