

Friday: Get Up and Go With Granola & Yogurt

Item	Serving Size	Meal Pattern	Recipe	What Makes it Healthy
Strawberry Yogurt	4 ozs.	1 oz. meat/meat alternate		Use a lowfat variety
Granola	1/4 cup	1 grain/bread	USDA J-01*	Adds fiber
Whole-grain Wheat Toast	1 slice	1 grain/bread		Whole grains are a more nutritious option
Orange Wedges	1 small	1/2 cup fruit/vegetable		Rich in vitamin C
Milk (variety)	8 fl. ozs.	1 milk		Use lowfat varieties

Per Serving: 544 cal., 27.3 g pro.,
100.5 g carb., 6.3 g fiber, 7.5 g fat,
2.7 g sat. fat, 19 mg chol., 482 mg sod.,
525.4 mg ca., 527 RE vit. A,
53.8 mg vit. C, 1.9 mg iron

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