

Sample Breakfast and Lunch Menu and Shopping List

These recipes are optional and provide suggestions for those in charge of providing meals in schools. Substitutions can be made based on what is in season and the food preferences of your community





SAMPLE MEAL PLAN

Monday

Breakfast:

- Eggs on Toast
- Fruit and/or vegetable
- Milk or Water



Lunch:

- Homemade Lunch-able
- Fruit and/or vegetable
- Milk or Water



Tuesday

Breakfast:

- Yogurt Parfait
- Fruit and/or vegetable
- Milk or Water

Lunch:

- Pasta Salad
- Fruit and/or vegetable
- Milk or Water



Wednesday

Breakfast:

- Oatmeal
- Fruit



Lunch:

- Greek Wraps
- Fruit and/or vegetable
- Milk or Water



Thursday

Breakfast:

- Nut Butter Banana Wraps
- Fruit and/or vegetable
- Milk or Water

Lunch:

- Pizza Buns
- Fruit and/or vegetable
- Milk or Water



Friday

Breakfast:

- Breakfast Burrito
- Fruit and/or vegetable
- Milk or Water

Lunch:

- Meatballs
- Fruit and/or vegetable
- Milk or Water



Additional menu ideas available below



BREAKFAST 1: EGG'S AND TOAST

- Whole grain toast or whole wheat English muffin
 - Butter, margarine, nut butter/nut-free alternative, etc.
- 1 hard boiled egg
- Additional fruit or vegetable
- Milk or water

SAVE-ON SHOPPING LIST



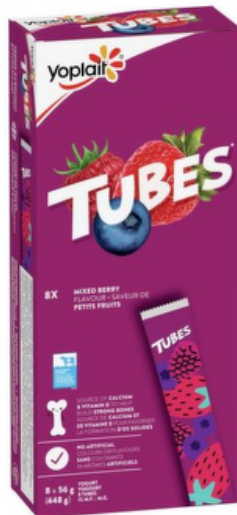
WHOLESALE CLUB SHOPPING LIST



BREAKFAST 2: YOGURT PARFAIT AND APPLESAUCE

- Unsweetened Apple Sauce
- 1 yogurt cup (most flavored yogurts- low fat)
- ¼ cup granola roughly (could come with dried fruit, nuts, etc.)
- Additional fruit or vegetable
- Milk or water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



BREAKFAST 3: OATMEAL WITH FRUIT

- 1 ¼ cup cooked oatmeal
- ¼ cup raisins or dried fruit, nuts, or topped with fresh fruit
- Top with cinnamon or spice of choice
- 1 Whole Fruit: Apple, Banana, Pear, etc.
- Milk or water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



BREAKFAST 4: NUT-BUTTER BANANA WRAPS OR TOAST

- Whole-grain toast or wrap
 - Cut up banana
 - Nut or nut free butter
 - Cinnamon to taste
- Yogurt cup or cheese string
- Additional fruit or vegetable
- Milk or water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



BREAKFAST 5: YOGURT AND FRUIT PARFAIT

- Greek Yogurt
 - Diced strawberries
- Granola to top or whole grain crackers, toast etc,
- Additional fruit or vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



BREAKFAST 6: BREAKFAST BURRITO

- Wholegrain wraps
 - Scrambled eggs
 - low fat cheese
 - Salsa
- Additional fruit or vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





BREAKFAST 7: EGG WRAP

- Wholegrain pita
 - stuffed with hard boiled or scrambled egg
 - peppers, spinach, or vegetable of choice
 - cheese
 - light/low fat mayo
- Additional fruit or vegetable on the side
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING



BREAKFAST 8: BREAKFAST BAGEL

- Wholegrain or multi-grain bagel
- low-fat cream cheese
- hard boiled egg or egg of choice
- top with vegetable of choice: spinach, peppers, tomato, etc.
- Additional fruit or vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



LUNCH 1: WRAPS

- Whole wheat wrap
 - Egg/tuna/Turkey
 - Shredded lettuce
 - Shredded cheese (low fat)
 - Hummus, Mayo, or low fat/sodium condiment of choice
- Additional fruit or vegetable (e.g., baby carrots, cut up cucumber, cherry tomatoes, pepper, pear, apple, etc.)
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





LUNCH 2: SANDWICH

- Whole wheat bread/bun
 - Roast turkey/chicken/tuna or egg Salad
 - Shredded cheese
 - Lettuce
 - Tomato, Cucumber, pickles
 - Mayonnaise, Mustard, etc.
- Additional fruit or vegetable on the side
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



LUNCH 3: PASTA

- Whole Wheat Pasta
 - Low-sodium, vegetable pasta sauce
 - diced Pepper
 - Broccoli
- Additional fruit or vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





LUNCH 4: LUNCHABLE

Diced/sliced turkey, chicken, or protein of choice

- Diced cheese, cheese string, yogurt cup, etc.
- Diced cucumber, pickles, carrots, or vegetable of choice
- Hummus or dip of choice (low sodium/fat)
- Wholegrain bread with nut butter, whole grain crackers, or grain of choice
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



LUNCH 5: BURRITO

- Wholegrain wrap
 - Brown, long-grain, or white rice
 - Red onion
 - Can of black beans and corn
 - Diced peppers and/or tomatoes
 - Salsa
 - Chili powder, cumin, or other seasoning to taste
- Additional fruit or vegetable on the side

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





LUNCH 6: PASTA SALAD

- Whole grain or multi-grain pasta
 - Diced cucumber, tomato, peppers, shredded carrot, or vegetables of choice
 - feta cheese
 - low-sodium/fat dressing (e.g., Italian, poppy seed, balsamic)
- Additional fruit or vegetable on the side
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



LUNCH 7: GREEK WRAPS

- Whole grain wrap
 - tzatziki, hummus, or condiment of choice
 - Cucumber, carrot, or blend of vegetables of choice
 - Chicken, falafel, or low-sodium/unprocessed meat of choice
- Additional fruit or vegetable on the side
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLE-SALE CLUB SHOPPING LIST



LUNCH 8: PIZZA BUN

- Whole-grain English muffin
 - Low sodium tomato sauce
 - Vegetables of choice: mushroom, peppers, pineapple, etc.
 - Shredded cheese
 - Chicken, turkey, or additional protein of choice
- Side of fruit and vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



LUNCH 8: MEAT BALLS

- Greek turkey meat balls or low-sodium meatball of choice
- Baked sweet-potato, peppers, and potato
 - Season lightly with a spice of choice (low sodium)
- Side of fruit and vegetable
- Milk or Water

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



SHELF SAFE ITEMS: SAVE-ON



SHELF SAFE ITEMS: WHOLESALE CLUB

