

## MENU IDEAS BASED ON M/MA OFFERING

M/MA	Remember to offer at least 2-ounce equivalents of Meat/Meat Alternate for SFSP Lunch Meal Pattern
<b>Diced Ham</b> 1.22 oz = 1 oz eq	<ul style="list-style-type: none"> <li>• Chef Salad</li> <li>• Breakfast Burrito</li> <li>• Breakfast Sandwich (cook ham in eggs)</li> <li>• Mac and Cheese</li> <li>• Bento Box</li> <li>• Mini Frittatas</li> <li>• Pasta Salad</li> </ul>
<b>Turkey Roasts</b> 1 oz cooked turkey roast = 1 oz eq	<ul style="list-style-type: none"> <li>• Turkey Enchiladas</li> <li>• Turkey and Dumplings (uses frozen veg)</li> <li>• Turkey Pot Pie (uses frozen veg)</li> <li>• Creamy Turkey Soup (uses frozen veg)</li> <li>• Turkey Sandwiches</li> <li>• White Chili (using white beans)</li> </ul>
<b>Pork</b> 2 oz pulled pork = 1 oz eq 1 oz pork roast, cooked = 1 oz eq	<ul style="list-style-type: none"> <li>• Pulled Pork</li> <li>• Carnitas (Pork Tacos)</li> <li>• Mac and Cheese with Pulled Pork</li> <li>• Pulled Pork Shepherds Pie</li> </ul>
<b>Yogurt</b> 4 ounces yogurt = 1 oz eq	<ul style="list-style-type: none"> <li>• Parfaits</li> <li>• Smoothies</li> <li>• Fruit Dip</li> <li>• Overnight Oats</li> </ul>
<b>Shredded Cheese</b> ¼ cup = 1 oz eq	<ul style="list-style-type: none"> <li>• Nachos</li> <li>• Quesadilla</li> <li>• Mac and Cheese</li> <li>• Cheese Sauce</li> <li>• Pizza (served hot or cold)</li> </ul>
<b>Frozen Chicken</b> (patties or nuggets) **cook these off and cut them up Refer to CN label on package for crediting guidance	<ul style="list-style-type: none"> <li>• Salad Topping</li> <li>• Buffalo Chicken Wrap</li> <li>• Caesar Wrap</li> <li>• Chicken Parmesan Sandwich</li> </ul>
<b>Diced Chicken</b> 1 oz = 1 oz eq	<ul style="list-style-type: none"> <li>• Chicken Salad</li> <li>• Caesar Salad</li> <li>• Wraps</li> </ul>
<b>Egg Patties</b> 1 patty = 1 oz eq	<ul style="list-style-type: none"> <li>• Breakfast Sandwich</li> <li>• Breakfast Burrito</li> <li>• Egg Salad</li> <li>• Huevos Rancheros (refried beans, salsa and rice)</li> </ul>
<b>Beans</b> ¼ cup beans = 1 oz eq	<ul style="list-style-type: none"> <li>• Chickpea “chicken” Salad</li> <li>• Burrito (canned or refried beans, rice and veggies)</li> <li>• Hummus</li> <li>• Bean dip (mix with salsa and top with cheese)</li> </ul>