

## Grab and Go Ideas

Menu	Serving Size	Meal Pattern Contribution
Cheese Stick Grapes Fish Crackers Carrot Sticks Milk Carton	2 (1 oz) sticks 7 large grapes 41 crackers (~½ cup) 6 each (4" x1/2" sticks) 1 each	2 oz eq meat alternate ¼ cup fruit 1 serving grain ½ cup vegetable 8 oz milk
<a href="#">Black Bean Hummus</a> Fresh Broccoli Pita Orange Milk Carton	½ cup ½ cup ½ each (28 grams) 1 each 1 each	2 oz meat alternate ½ cup vegetable 1 serving grain ½ cup fruit 8 oz milk
Hard Boiled Egg Mixed Greens Shredded Carrots Cracker, Woven, Whole Wheat Milk Carton	1 each 1 cup ¼ cup 5 each 1 each	2 oz meat alternate ½ cup vegetable ¼ cup second vegetable 1 serving grain 8 oz milk
Tortilla, flour, soft Refried beans Salsa Applesauce Milk Carton	1 each (28 grams) ½ cup ½ cup ¼ cup 1 each	1 serving grain 2 oz meat alternate ½ cup vegetable ¼ cup fruit 8 oz milk
<a href="#">Pasta Salad</a> Olives Cheese cubes Milk Carton	1 cup 8 each 8 each (.25 oz cubes) 1 each	½ cup vegetable/1 serving grain ¼ cup second vegetable 2 oz meat alternate 8 oz milk
Cottage Cheese Canned Pineapple Waffle Red Bell Pepper Strips Milk Carton	½ cup ¼ cup 1 each (34 grams) ½ cup 1 each	2 oz meat alternate ¼ cup fruit 1 serving grain ½ cup vegetable 8 oz milk
Peanut Butter (Sun Butter) Celery Sticks Pretzels, Hard, Thin Sticks Banana Milk Carton	¼ cup 6 each (4" x1/2" sticks) 31 each (22 grams) 1 each 1 each	2 oz meat alternate ½ cup vegetable 1 serving grain ½ cup fruit 8 oz milk
<a href="#">Macaroni Salad</a> Cherry Tomatoes Cottage Cheese Milk Carton	¾ cup 6 whole ½ cup 1 each	1 serving grain/¼ cup vegetable ½ cup vegetable 2 oz meat alternate 8 oz milk

**Reminder:** Use [USDA's Food Buying Guide](#) to ensure minimum requirements are met. For Grains use [Exhibit A](#). One Whole Grain Rich item must be served daily. The [WIC food](#) list has Whole Grain Rich products. Standardized Recipes, CN labels and/or Product Formulation Statements are needed to ensure minimum requirements are met for combination foods. Flavor and fat content of milk must be documented.

Menu	Serving Size	Meal Pattern Contribution
Blueberry Muffin Cheese stick Mixed fresh vegetables Canned Pineapple Milk Carton	1 each (55 g) 2 - 1 oz sticks ½ cup ¼ cup 1 each	1 serving grain 2 oz meat alternate ½ cup vegetables ¼ cup fruit 8 oz milk
English Muffin Cheese Slice Red Pepper Strips Oranges Milk Carton	1/2 each 2 slices ½ cup 1 1 each	1 serving grain 2 oz meat alternate ½ cup vegetables ½ cup fruit 8 oz milk
Turkey slices Saltine Cracker Grapes Cucumber Milk Carton	2 oz 8 crackers ¼ cup ½ cup (6 - 3" long sticks, ¾ "wide) 1 each	2 oz meat 1 serving grain ¼ cup fruit ½ cup vegetable 8 oz milk
Cheese Slices Crackers, Thin Wheat Square Canned Peaches Mixed Salad Greens Milk Carton	2 - 1 oz slices 12 crackers ¼ cup 1 cup 1 each	2 oz meat alternate 1 serving grain ¼ cup fruit ½ cup vegetable 8 oz milk
Water packed tuna Crackers, Round Savory Carrot sticks (1/2 " X 4") Canned pears Milk Carton	2 oz 7 crackers 6 sticks ¼ cup 1 each	2 oz meat 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk
Woven Wheat Crackers Cheese Cubes Craisins Carrot sticks (½" X 4") Milk Carton	5 crackers (22 g) 2 oz ⅛ cup 6 sticks 1 each	1 serving grain 2 oz meat alternate ¼ cup fruit ½ cup vegetables 8 oz milk
Bagel Yogurt Sunflower Seeds Fruit Cup Cucumber Sticks Milk	½ each ½ cup (4 oz) 1 oz (~¼ cup) ¼ cup 6 sticks (3"x ¾") 1 each	1 serving grain 1 oz meat alternate 1 oz meat alternate ¼ cup fruit ½ cup vegetable 8 oz milk
Ham Bread Cucumber Grapes Milk	2 oz 1 slice ½ cup (6 - 3" long sticks, ¾ "wide) ¼ cup 1 each	2 oz meat 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk

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