

Lunch/Supper Pantry Menu Ideas

Menu	Serving Size (Lunch/ Supper 6- 18 year olds)	Meal Pattern Contribution (Lunch/ Supper 6- 18 year olds)
Lentil Soup Quinoa Frozen Carrots Canned Pineapple Milk	½ cup ½ cup ½ cup ¼ cup 8 oz	2 oz meat alternate 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk
Pork and Beans Canned Green Beans Canned Peaches Corn Bread Muffin Milk	½ cup ½ cup ¼ cup 1 each 8 oz	2 oz meat alternate ½ cup vegetable ½ cup fruit 1 serving grain 8 oz milk
Salmon Patties Brown Rice Applesauce Frozen Lima Beans Milk	1 ½ each ½ cup ¼ cup ½ cup 8 oz	2 oz meat 1 serving grain ¼ cup fruit ½ cup vegetable 8 oz milk
Frozen Edamame Whole Wheat Pasta (any shape) Frozen Peas Canned Mixed Fruit Milk	½ cup ½ cup ½ cup ¼ cup 8 oz	2 oz meat alternate 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk
Baked Tofu Brown Rice Broccoli Canned Pineapple Milk	½ cup ½ cup ½ cup ¼ cup 8 oz	2 oz meat alternate 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk
Bean Tostada Canned Pears Milk	2 each ¼ cup 8 oz	2 oz meat alternate, ½ cup vegetable, 1 serving grain ¼ cup fruit 8 oz milk
Spaghetti Hard Boiled Egg Canned Tomato Sauce Canned Peas Milk	½ cup 1 each ½ cup ¼ cup 8 oz	1 serving grain 2 oz meat alternate ½ cup vegetable ¼ cup second vegetable 8 oz milk
English Muffin Shredded Cheese Frozen Broccoli Tomato Sauce Milk	½ each ½ cup ½ cup ¼ cup 8 oz	1 serving grain 2 oz meat alternate ½ cup vegetable ¼ cup second vegetable 8 oz milk
Garbanzo Beans Pita Bread Frozen Carrots Canned Apricots Milk	½ cup ½ pita (28 g) ½ cup ¼ cup 8 oz	2 oz meat alternate 1 serving grain ½ cup vegetable ¼ cup fruit 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.

Menu	Serving Size (Lunch/ Supper 6- 12 year olds)	Meal Pattern Contribution (Lunch/ Supper 6- 12 year olds)
Cottage Cheese Pretzels, Mlni Twist Corn Raisins Milk	½ cup 22 pretzels ½ cup ⅛ cup 8 oz	2 oz meat alternate 1 serving grain ½ cup vegetable ¼ cup fruit 8 oz milk
Baked Sweet Potatoes Black Beans Salsa Brown Rice Milk	1 portion (~3 potato wedges per serving) ½ cup ½ cup 8 oz	½ cup vegetable 2 oz meat alternate ¼ cup second vegetable 1 serving grain 8 oz milk
Peanut Butter/Sunbutter Pancakes Dried Apricots Cherry Tomatoes Milk	4 Tablespoons 1 pancake (34 grams) ⅛ cup 6 each 8 oz	2 oz meat alternate 1 serving grain ¼ cup fruit ½ cup vegetable 8 oz milk
<u>Grilled Cheese</u> Bread Cheese Slice Tomato Soup Canned Green Beans Canned Fruit Cocktail Milk	1 slice 2 -1oz slices 1 cup ¼ cup ¼ cup 8 oz	1 serving grain 2 oz meat alternate ¼ cup vegetable ¼ cup vegetable ¼ cup fruit 8 oz milk
Biscuit Hard boiled or Fried Egg Frozen Mixed Berries Home Fries Milk	1 each 1 each ¼ cup ½ cup 8 oz	1 serving grain 2 oz meat alternate ¼ cup fruit ½ cup vegetable 8 oz milk
Cheerios Cheese Stick Yogurt Mandarin Oranges Hash Browns Milk	1 cup 1 -1oz stick ½ cup ¼ cup ½ cup 8 oz	1 serving grain 1 oz meat alternate 1 oz meat alternate ¼ cup fruit ½ cup vegetable 8 oz milk
Tuna Coleslaw Tangerine Wheat Crackers (woven) Milk	2 oz ½ cup ½ each 5 each 8 oz	2 oz meat alternate ½ cup vegetable ¼ cup fruit 1 serving grain 8 oz milk
Mini Salmon Loaves Whole Grain Dinner Rolls Instant Garlic Mashed Potatoes Frozen Corn Milk	1 ¼ each 1 each ½ cup ¼ cup 8 oz	2 oz meat/meat alternate 1 serving grain ½ cup vegetable ¼ cup second vegetable 8 oz milk

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