

## Vegan

	Dark Green	Red/Orange	Dry Bean/Pea	Starchy	Other
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra items	Lentil Soup Biscuits ( <i>Romaine</i> ) Lettuce Salad Grapes (Quartered) Soy Milk	Peanut, Soy or Sun Butter (w/side of Sunflower Seeds) Wheat Bread Apple Slices Carrot Sticks Soy Milk (Jelly)	Black Beans (w/ Taco Seasoning) Tortilla Chips Refried Beans Banana Soy Milk (w/Salsa)	Red Beans Rice Corn Fruit Cocktail Soy Milk	Vegetarian Chili w/Beans Cornbread Bell Pepper Slices Pineapple Soy Milk Dip or Dressing
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Split Pea Soup (Vegan) Dinner Rolls Spinach Salad Peaches Soy Milk	Spicy Black Bean Burger (CN required*, like Gardenburger 28989-49938) Bun Sweet Potato Fries Apple Slices Soy Milk	Refried Beans (Bean Burrito) Tortilla Garbanzo, Kidney Bean Salad+ Mandarin Oranges Soy Milk (+Beans in Italian Dressing)	Lentils (cooked in Sloppy Joe Sauce) Bun Baked French Fries Mixed Fruit Soy Milk	Lentils & Rice Grilled Gr. Pepper & Onion Strips Orange Slices Soy Milk
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Cuban Black Beans Rice Broccoli Pears Soy Milk	Refried Bean Dip Tortilla Chips Baby Carrots Watermelon Soy Milk	Black Beans (Taco Soup) Tortilla Strips Refried Beans (in soup) Pineapple Soy Milk	Hummus Pita Bread Peas Peaches Soy Milk	Vegetarian Baked Beans Cornbread Vegan Coleslaw+ Pears Soy Milk (+cabbage with vinaigrette dressing)
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Pinto Beans (in Spag. Sauce) Spaghetti Tomato Sauce ( <i>Leaf Lettuce</i> ) Lettuce Salad Applesauce Soy Milk	Pinto Beans (Gallo Pinto) Rice Diced Tomatoes Tropical Fruit Soy Milk	(Cowboy Caviar) Navy Beans Tortilla Chips Pinto Beans (in “Caviar”) Celery Sticks Pineapple Soy Milk	Black Beans Dinner Roll Baked Potato Grapes Soy Milk (stuffed potato w/beans, salsa & corn)	Pinto Beans Pasta Salad Mixed Vegetables Orange Slices Soy Milk (w/Italian Dressing)

## Soy Options

Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Soy “Sausage” Patties (CN Required*, like Morningstar 28929-97152) Biscuit Broccoli Applesauce Soy Milk	Soy Burger (CN Required*, like Pierre #9285 or #9286 OR Garden- burger 84059-71116) Bun Sweet Potato Fries Grapes Soy Milk	TVP (CN Required*, like CHS Ultra Soy®) Saltines Chili Beans Spinach Salad Soy Milk	“Beef” Soy Crumbles (CN Required*, like CHS #BF 140) Noodles Mashed Potatoes ( <i>made with soy milk</i> ) Green Beans Soy Milk	Soy “Chick’n” Nuggets (CN Required*, like Gardenburger 84059-71120) CN Breading Cauliflower Strawberries Soy Milk
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	“Taco” Soy Crumbles (CN Required*, like CHS #T140) Tortilla Chips Lettuce Salad (Taco Salad) Apple Slices Soy Milk	Roasted Soybeans (Soy Nute) & Garbanzo Beans Rice or Couscous Tomato Slices Kiwi Soy Milk	TVP (CN Required*, like CHS Ultra Soy®) Bun Baked Beans Mandarin Oranges Soy Milk (TVP cooked in BBQ Sauce)	TVP (CN Required*, like CHS Ultra Soy®) Pasta Tomato Sauce Corn Peaches Soy Milk	TVP (CN Required*, like CHS Ultra Soy®) Oyster Crackers Vegetable Soup Fruit Salad Soy Milk

\* CN = Child Nutrition Label or Product Formulation Required. These products must qualify as an Alternate Protein Product (APP) for the Child Nutrition Programs. Contact your foodservice vendor or Day Care Resources (your food program sponsor) for details on where to purchase creditable Alternative Protein Products.

Vegan Egg Substitute: 1 egg = 1 tablespoon flax seed meal + 3 tablespoons water. Substitute in cornbread, muffin or bread recipes.

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Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Hard Boiled Egg Bagel <i>(Romaine)</i> Lettuce Salad Apples Low Fat Milk <i>(UFO: Place peeled egg in bagel hole)</i>	Eggs & Cheese Tortilla Tomatoes/Salsa Tropical Fruit Low Fat Milk	Cheese Slices Breadsticks Lentil Soup Grapes Low Fat Milk <i>(Inside Out Sandwich)</i>	Scrambled Eggs Toast Orange Juice Hash Browns Low Fat Milk	Peanut Butter w/ side of String Cheese Sandwich Celery Sticks Raisins Low Fat Milk <i>(Jelly)</i>
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Egg & Cheese Casserole Muffins Broccoli Salad Fruit Salad Low Fat Milk	Shredded Mozzarella Cheese Tortellini Tomato Sauce Orange Slices Low Fat Milk	Cheese Cubes Pasta Salad Black Beans (in Pasta Salad) Blueberries & Strawberries Low Fat Milk <i>(Top pasta &amp; beans w/ Ranch or Italian Dressing)</i>	Cheesy (HM) Bread (Italian or French) Corn Melon Low Fat Milk	Egg (Fried Rice) Rice Mixed Vegetables Mandarin Oranges Low Fat Milk <i>(soy sauce)</i>
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Cottage Cheese Breadsticks <i>(Leaf Lettuce)</i> Lettuce Salad Peaches Low Fat Milk	Cheese Quesadilla Tortillas Sweet Potato Fries Tropical Fruit Low Fat Milk <i>(salsa, sour cream)</i>	Grilled Cheese Sandwich Baked Beans Fruit Cocktail Low Fat Milk <i>(serve w/ pickle spear)</i>	Egg Salad Sandwich Potato Salad Grapes Low Fat Milk	Yogurt Granola Veggie Tray Raisins Low Fat Milk <i>(Ranch or Veggie Dip)</i>
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Pinto Beans Cheese Tortellini or Ravioli Tomato Sauce Broccoli Low Fat Milk	String Cheese Graham Crackers Cherry Tomatoes Pineapple Low Fat Milk	Cheese Enchiladas (CN or HM) Tortillas Refried Beans Orange Slices Low Fat Milk <i>(Enchilada Sauce)</i>	Homemade Mac & Cheese Macaroni Peas Apple slices Low Fat Milk	Egg & Cheese English Muffin Asparagus Peaches Low Fat Milk
Meat Alternate Bread/Grain Fruit/Vegetable 1 Fruit/Vegetable 2 Soy Milk Condiments/Extra Items	Cheese Pizza (CN or homemade) Crust Spinach Salad Peaches Low Fat Milk <i>(Ranch Dressing or Dip)</i>	Baked Beans Cornbread Baked Sweet Potato Watermelon Low Fat Milk <i>(Coleslaw)</i>	Southwestern Cheese Pizza Crust Black Beans & Salsa Lettuce Salad Low Fat Milk	Egg & Cheese Croissant Tater Tots Bananas Low Fat Milk	Cheese Cubes Crackers Celery Sticks Grapes Milk <i>(Ranch Dressing or Dip)</i>