

# Everyday General Mills Goodness



## Sample Menu with General Mills CACFP Creditable Products

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Fruit Pizza English Muffin</b> (Build Your Own)	<b>Peach Pancakes</b>	<b>Cheerios™ Banana Quesadillas</b>	<b>Georgian Cheesy Egg Boats</b>	<b>Orange Yogurt Sippers</b>
	  <b>Fruit Pizza English Muffin</b> Sliced Strawberries or Blueberries	Sliced Peaches	<b>Cheerios™ Banana Quesadillas</b> Banana	Grapes, Quartered	Sliced Bananas
	  <b>Fruit Pizza English Muffin</b> Blueberry Chex™ (GF) (WGR) + Whole Grain English Muffin (WGR) <b>Chex</b>	Bisquick™ Original Pancake & Baking Mix <b>Bisquick</b>	<b>Cheerios™ Banana Quesadillas</b> Cheerios™ (GF) (WGR) + Whole Wheat Flour Tortilla <b>Cheerios</b>	<b>Georgian Cheesy Egg Boats</b> Pillsbury™ Flaky Layers Buttermilk Biscuits + Egg <b>Pillsbury</b>	<b>Orange Yogurt Sippers</b> Yoplait® Original Yogurt Orange Creme <b>Yoplait</b>
 Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	
LUNCH / DINNER	<b>Tomato Soup and Grilled Cheese (PF)</b>	<b>Quick Vegetarian Chili (PF)</b>	<b>Beef Empanadas</b>	<b>Pizza (Build Your Own)</b>	<b>Ranch Chicken Tenders</b>
	  Grapes, Quartered	Bell Peppers, Sliced	Diced Mango	Apple Slices	Diced Pineapple
	 Annie's™ Organic Tomato Soup* <b>Annie's</b>	<b>Quick Vegetarian Chili</b> Muir Glen™ Organic Diced Tomatoes <b>Muir Glen</b>	<b>Beef Empanadas</b> Tomatoes + Salsa	<b>Pizza</b> Muir Glen™ Organic Pizza Sauce + Bell Pepper Slices <b>Muir Glen</b>	Carrot Sticks
	 <b>Grilled Cheese</b> Whole Grain bread (WGR)	Whole Grain Crackers (WGR)	<b>Beef Empanadas</b> Pillsbury™ Flaky Layers Buttermilk Biscuits <b>Pillsbury</b>	<b>Pizza</b> Whole Grain Tortillas (WGR)	<b>Ranch Chicken Tenders</b> Corn Chex™ (GF) (WGR) + Whole Grain Tortilla (WGR) <b>Corn Chex</b>
	 <b>Grilled Cheese</b> American Cheese	<b>Quick Vegetarian Chili</b> Progresso™ Canned Beans: Dark Kidney, and Chickpeas <b>Progresso</b>	<b>Beef Empanadas</b> Ground Beef	<b>Pizza</b> Cheese + Protein of Choice (Pepperoni, Chicken, Sausage)	<b>Ranch Chicken Tenders</b> Chicken
 Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	Low/Fat Free Milk	
SNACK	   <b>Easy Bean and Cheese Tortilla Bowls (PF)</b> Old El Paso™ Refried Beans Old El Paso™ Soft Tortilla Bowls <b>Old El Paso</b>	Nature Valley™ Cinnamon Reduced Sugar Loose Granola + Canned Pears <b>Nature Valley</b>	Mandarin Oranges + Simply GoGurt™ <b>GoGurt</b>	<b>Pail Mix</b> Multigrain Cheerios™, Cheerios™ Veggie Blends, Rice Chex™ (WGR) + Nut or Seed Butter <b>Cheerios</b> <b>Rice Chex</b>	Simply Chex™ Strawberry Yogurt Snack Mix (WGR) + Low/Fat Free Milk <b>Simply Chex</b>



KEY

GF

PF

WGR

### Substitutions:

\* Substitute Progresso™ Vegetable Classics Tomato Basil soup.

Always check with your State Agency to make sure foods are creditable in your state.