































Everyday General Mills Goodness



Sample Menu with General Mills CACFP Creditable Products

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



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.