

# Everyday General Mills Goodness



## Sample Menu with General Mills CACFP Creditable Products

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Cheerio Monday</b>	<b>Fruit Pizza English Muffin (Build Your Own)</b>	<b>Georgian Cheesy Egg Boats</b>	<b>Fruit Pancake Tacos</b>	<b>Cheerios™ Banana Quesadillas</b>
	Sliced Peaches	<b>Fruit Pizza English Muffin</b> Sliced Strawberries or Blueberries	Grapes, Quartered	<b>Fruit Pancake Tacos</b> Sliced Strawberries or Blueberries	<b>Cheerios™ Banana Quesadillas</b> Banana
	Cheerios™ (GF) (WGR) <b>Cheerios</b>	<b>Fruit Pizza English Muffin</b> Blueberry Chex™ (GF) (WGR) + Whole Grain English Muffin (WGR) <b>Chex</b>	<b>Georgian Cheesy Egg Boats</b> Pillsbury™ Buttermilk Biscuits + Egg 	<b>Fruit Pancake Tacos</b> Bisquick™ Original Pancake & Baking Mix <b>Bisquick</b>	<b>Cheerios™ Banana Quesadillas</b> Cheerios™ (GF) (WGR) + Whole Wheat Flour Tortilla <b>Cheerios</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>Beef Empanadas</b>	<b>Easy Bean and Cheese Tortilla Bowls (PF)</b>	<b>Pizza (Build Your Own)</b>	<b>Ranch Chicken Tenders</b>
	Grapes, Quartered	Diced Mango	Bell Peppers, Sliced	Apple Slices	Diced Pineapple
	Annie's™ Organic Tomato Soup* <b>Annie's</b>	<b>Beef Empanadas</b> Tomatoes	<b>Easy Bean and Cheese Tortilla Bowls (PF)</b> Diced tomatoes and shredded lettuce	<b>Pizza</b> Pizza Sauce + Cascadian Farm™ Frozen Mixed Vegetables 	Carrot Sticks
	<b>Grilled Cheese</b> Whole Grain bread (WGR)	<b>Beef Empanadas</b> Pillsbury™ Buttermilk Biscuits 	<b>Easy Bean and Cheese Tortilla Bowls (PF)</b> Old El Paso™ Soft Tortilla Bowls 	<b>Pizza</b> Whole Grain Tortillas (WGR)	<b>Ranch Chicken Tenders</b> Corn Chex™ (GF) (WGR) <b>Corn Chex</b>
	<b>Grilled Cheese</b> American Cheese	<b>Beef Empanadas</b> Ground Beef	<b>Easy Bean and Cheese Tortilla Bowls (PF)</b> Old El Paso™ Refried Beans 	<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>Pail Mix</b> Multigrain Cheerios™, Cheerios™ Veggie Blends, Rice Chex™ (WGR) + Canned Pears <b>Cheerios</b> <b>Rice Chex</b>	Nature Valley™ Cinnamon Reduced Sugar Granola + Lowfat Yogurt <b>NATURE VALLEY GRANOLA</b>	Simply Chex™ Strawberry Yogurt Snack Mix (WGR) + Low/Fat Free Milk <b>Simply Chex</b>	Whole grain crackers (WGR) + hummus	1/2 whole grain bagel + nut or seed butter



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.