

Meat/Meat Alternates at Breakfast



CACFP Meal Pattern

Meat/meat alternates can be served in place of the grain component up to three times per week at breakfast.

Meat/meat alternates
help slow carbohydrate
absorption and maintain
steady blood sugar levels
throughout the morning.

Protein-rich meat/meat
alternates keep children
feeling full longer.

Yogurt Parfait

Combine low-in-sugar yogurt with assorted fruit.

Tofu Scramble

Combine crumbled tofu
with vegetables and
spices in a skillet.

Eggs and Sweet Potatoes

Serve eggs with a side of
sautéed diced
sweet potatoes.

Chicken Hash

Dice leftover chicken and combine with chopped vegetables in a skillet.

Sources

- The San Francisco Gate
- The Perfect Pantry
- Kids Health





MEAT/MEAT ALTERNATES

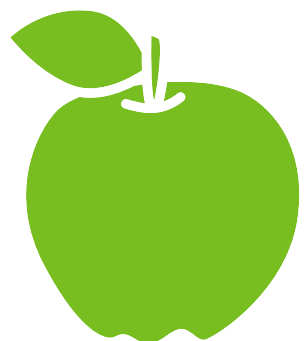


Did You Know?



A meat or meat alternate can be served in place of the grain component up to three times per week at breakfast.

Keep in Mind



Breakfast **MUST** include a fruit or vegetable, so try to choose foods that compliment each other.

Best Practice Tips:



- Serve only lean meat, nuts & legumes
- Limit serving processed meats to not more than once a week
- Choose low/reduced fat natural cheeses

