



Tuesday Talks: Menu Planning Resources

Click on hyperlinks below to access resources

[Menu Checklist](#)

[Menu Template: Three or Less Meals](#)

[Menu Template: Greater Than Three Meals](#)

[DPI Sample Menus](#)

[Snack Inspiration](#)

[Idaho CACFP Menu Toolkit](#)

[Cycle Menus for Childcare: Preschoolers](#)

[Institute of Child Nutrition \(ICN\) Recipe Box](#)

[Institute of Child Nutrition \(ICN\) Mealtime Memo](#)

[Tofu and Tempeh Crediting Information](#)

[Tofu Recipes](#)

[Around the World 10-Day Menu](#)

[Around the World Recipes](#) (USDA Multicultural Recipes)

[Multicultural Recipes](#) (Texas)

Maximize Menus

Milk must be served with all lunch and supper meals



Beans and Legumes

Quesadilla

- Kidney beans
- Seasonings
- Shredded mozzarella cheese
- Whole grain tortilla
- Grapes
- Avocado

[ICN Recipe \(quesadilla\)](#)

Loaded Nachos

- Black or pinto beans
- Taco seasoning
- Shredded cheese
- Tortilla chips
- Salsa, tomatoes and lettuce
- Mango

Beans and Rice

- Black or pinto beans
- Cumin and paprika
- Tomato sauce
- Rice
- Plantains

Chili

- Kidney beans
- Chili seasoning
- Diced tomatoes
- Bell peppers, onions
- Corn bread
- Fruit cocktail

[ICN Recipe \(chili\)](#)

Greek Pita

- Hummus
- Tzatziki sauce
- Pita
- Cucumber/ tomato
- Fresh pea pods

Mediterranean Pizza

- Hummus
- Naan bread or tortilla
- Zucchini/red pepper slices
- Peaches

Hummus Dippers

- Hummus
- Pita, crackers, or tortilla chips
- Apple or pear slices
- Vegetable strips

Chickpea Curry

- Chickpeas
- Curry powder
- Garlic/onion
- Rice
- Cauliflower
- Fresh broccoli



Eggs

Brunch

- Scrambled eggs
- French toast, waffle, or pancake
- Hash brown or breakfast potatoes
- Blueberries

Egg Sandwich

- Egg patty
- Sliced cheese
- English muffin, biscuit or croissant
- Watermelon
- Corn

Protein Box

- Hard boiled egg
- Crackers
- Apple, pear, banana, orange
- Bell pepper strips
- Ranch dip

Egg Salad

- Hard boiled egg salad with mayo and dill seasoning
- Bread, tortilla, or crackers
- Apple slices
- Roasted red potatoes



Chicken

Italian Parmesan

- Diced chicken
- Shredded mozzarella cheese
- Marinara/pasta sauce
- Steamed broccoli
- Pasta or roll

Asian Stir-fry

- Diced chicken
- Soy or Teriyaki sauce
- Stir-fry vegetables
- Rice or noodles
- Blueberries

Hawaiian BBQ Sandwich

- Shredded chicken
- Hawaiian BBQ sauce
- Hamburger bun
- Pineapple
- Coleslaw

Mediterranean Chicken

- Shredded Greek chicken
- Quinoa
- Artichoke hearts
- Stewed tomatoes

Caesar Wrap

- Shredded chicken
- Caesar dressing
- Parmesan cheese
- Romaine lettuce
- Tortilla
- Cherry tomatoes
- Strawberries

Chicken Curry Casserole

- Diced or shredded chicken
- Curry and garlic seasoning
- Brown rice
- Carrots, celery, and onions
- Fruit salad

[ICN Recipe](#) (casserole)

Chicken Alfredo with a Twist

- Diced chicken
- Alfredo sauce
- Whole wheat rotini pasta
- Gingered carrots
- Grapes

[ICN Recipe](#) (alfredo)

[ICN Recipe](#) (carrots)

Chicken Salad

- Shredded chicken with onion, mayo, herbs
- Bread, tortilla, or crackers
- Celery
- Watermelon



Ground Beef or Turkey



Fiesta Casserole

- Ground meat
- Taco seasoning
- Shredded cheese
- Tomatoes/salsa
- Macaroni
- Refried beans

Pizza Burger Bowl

- Ground meat
- Shredded mozzarella cheese
- Tomato sauce
- Brown rice
- Mandarin oranges
- Cucumber slices

Swedish Meatball Sloppy Joes

- Ground meat
- Swedish meatball sauce/mushrooms
- Hamburger bun
- Green beans
- Mashed potatoes

Greek Burgers with Tzatziki

- Ground meat
- Seasonings
- Tzatziki sauce
- Pita
- Cucumber/tomato
- Cantaloupe

[ICN Recipe](#) (Burgers and tzatziki sauce)

Quesadilla

- Ground meat
- Taco seasoning
- Shredded Cheese
- Tortilla
- Tomato chunks and black olives
- Grapes

Baked Loaded Nachos

- Ground meat
- Taco seasoning
- Shredded cheese
- Tortilla chips
- Salsa
- Kiwi slices

Ground Beef and Rice

- Ground meat
- Cumin and paprika seasoning
- Tomato sauce
- Brown rice
- Roasted plantains
- Spinach salad

Chili

- Ground meat
- Chili (chili seasoning, diced tomatoes, bell peppers)
- Fruit cocktail
- Corn bread