



# **WIC Pilot Approved Menus and Meal Guidance**

## **Summer Meal Programs**



**TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER**

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Food and Nutrition Division  
Summer Meal Programs

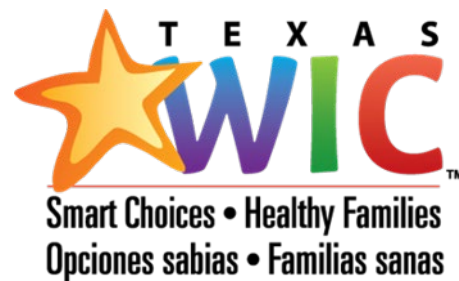
Updated 03/19/2025  
[www.SquareMeals.org](http://www.SquareMeals.org)

# WIC Pilot Meals

**Contracting Entities (CEs) should select meals from this resource when planning menus for summer sites located at WIC clinics that are participating in the WIC Pilot.**

All the menus in this resource have been approved by Texas WIC. Meals served at WIC clinics should follow the SFSP or SSO meal patterns and follow the additional WIC requirements. The additional WIC requirements ensure the meal is appropriate for young children.

- Comparable food items within the same food group may be substituted within the menus to accommodate for food allergies, religious preferences or to add variety or handle supply shortages.
- Please note that WIC Pilot meals can repeat and follow a cycle menu. A cycle menu is a series of menus planned for a minimum of one week but can be up to 6 weeks. The menu is different each day during the cycle then repeated in the same order. WIC clients typically visit a WIC clinic once every three months.
- Always consult with your WIC Local Agency Director if you have specific menu questions or significant changes.



**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**

# Tips for Success



## Communication and Customer Service

- Designate a contact person to communicate with the WIC Clinic
- Have consistent, weekly communication with the WIC Clinics to discuss optimal drop off and meal service times with WIC Staff
- Gather feedback from WIC Clinic staff and participants on the meals served
- Coordinate with WIC Clinic site to solve challenges that arise throughout the summer

## Food Safety and Handling

- Practice safe food handling, storage, and transportation
- Package all food components in one tray/bag with same portion size for all ages (largest portion to meet the minimum requirements)
- Follow local and state health department regulations

# Food Safety Best Practices

## Food Safety Resources

- TDA [www.Squaremeals.org/FoodSafety](http://www.Squaremeals.org/FoodSafety)
- Federal Food Safety Information [www.FoodSafety.gov](http://www.FoodSafety.gov)
- Institute of Child Nutrition <https://theicn.org/icn-resources-a-z/food-safety>

## Store and Transport Food Safely

- Separate raw and ready-to-eat foods
- Clean and sanitize vehicles, food-contact surfaces, utensils and equipment
- Date, mark and label food with instructions
- Check temperatures of food and units (keep hot foods at 135°F or above and cold foods at 41°F or below)

### ➤ Food Storage Temperatures

Refrigerated foods: 41°F or below

Frozen foods: 0°F or below

Dry foods: 50°F - 70°F



# WIC Meal Requirements

All meals served at WIC clinics must follow the SFSP or SSO meal pattern and follow these additional WIC requirements.

FOOD GROUPS	BEST FOODS TO SERVE AT WIC CLINICS	FOODS NOT TO SERVE AT WIC CLINICS
<b>Dairy</b>	<ul style="list-style-type: none"> <li>✓ 1% white or skim white fluid milk</li> </ul>	<ul style="list-style-type: none"> <li>X Flavored milks are <b>not</b> WIC allowable items</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>✓ Whole wheat breads, rolls and crackers</li> <li>✓ Cereals must be WIC Allowable               <ul style="list-style-type: none"> <li>• For a list of allowable cereals, click <a href="#">here</a>.</li> </ul> </li> <li>✓ Soft chewy fruit breakfast bars</li> </ul>	<ul style="list-style-type: none"> <li>X Chips are <b>not</b> WIC allowable items and can be a choking hazard</li> <li>X Nuts in fruit breakfast bars are <b>not</b> WIC allowable items as these can be a choking hazard</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>✓ Cook hard vegetables until softened: for example, carrots, broccoli and cauliflower.</li> </ul>	<ul style="list-style-type: none"> <li>X Raw vegetables, such as carrots and cherry tomatoes as these can be a choking hazard</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>✓ Whole firm fruit must be cut, sliced or diced</li> <li>✓ Applesauce and whole unpeeled small orange/mandarin are great alternatives to whole firm fruit</li> <li>✓ Fruit cup must be in 100% juice</li> <li>✓ Juice must be unsweetened 100% juice and should only be served if milk is unavailable</li> </ul>	<ul style="list-style-type: none"> <li>X Whole uncut apples as they are difficult for a young toddler to eat</li> <li>X Juices with added sugar</li> <li>X For snacks, 100% juice drinks cannot be served if milk is the only other component served.</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>✓ Lean tender proteins</li> <li>✓ Provide plastic cutlery for large pieces of meat such as chicken breast</li> <li>✓ Nut butters spread thin to reduce choking hazards for young toddlers</li> </ul>	<ul style="list-style-type: none"> <li>X Hotdogs are <b>not</b> a WIC allowable item and can be a choking hazard</li> <li>X Bologna or turkey bologna</li> <li>X Meat with bones</li> <li>X Peanut butter as this is an allergen and choking hazard for very young children</li> </ul>

# Common Meal Components

Comparable food items within the same food group may be substituted within the menus.

Vegetable	Fruit	Grains	Protein
Broccoli Florets (blanched)	Apple (sliced or applesauce)	Brown Rice	Baked Beans/ Pinto Beans
Carrots (blanched/roasted/ pureed)	Apricots (sliced)	Whole Grain Bread	Beef (patty, steak fingers, ground, meat sauce, etc.)
Cauliflower (blanched)	Banana	Whole Grain Pasta	Chicken (patty, roasted, BBQ, tenders, fajita strips etc.)
Corn	Clementine or Mandarin Orange (easy to peel)	Whole Grain Pita	Cheese (slices/sticks/shredded)
Cucumbers (sliced or diced)	Fruit Cup in 100% Own Juice	Whole Grain Roll	Eggs (boiled)
Green Beans (cooked)	Orange Slices	Whole Grain Tortilla	Fish sticks
Jicama (sliced)	Peaches (diced)	Oatmeal	Nut butter (no peanut butter)
Side Salad/ Salad Greens	Pears (diced)	Whole Grain WIC cereal	Sandwich Meat: Roast Beef, Turkey, Turkey Ham, Turkey Salami, Turkey Pepperoni
Sweet Potatoes (fries/wedges/tots)	Pineapple (diced)	Whole Grain English Muffin	Sunflower Seed Butter
Tomatoes (sliced/diced)	Watermelon or other Melon (diced)	Whole Grain Bagel	Tuna

# Summer Food Service Program (SFSP)

## Meal Patterns for WIC Pilot

### BREAKFAST MEAL PATTERN

Select All Three Components for a Reimbursable Meal

Component	Food Item	Amount	Description
<b>Dairy</b>	1 milk	1 cup	1% white or skim white fluid milk
<b>Fruit/ Vegetable</b>	1 fruit/vegetable	1/2 cup	Fruit, vegetables or 100% juice
<b>Grain</b>	1 grains/bread <sup>1</sup>	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup	Bread Cornbread, biscuit, roll or muffin Ready-to-eat cereal Hot, cooked cereal Pasta, noodles or grains

<sup>1</sup>Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

## APPROVED BREAKFAST MEAL EXAMPLES

WG English Muffin w/ Jelly Orange Slices Low-Fat White Milk	WG Mini Bagel w/ Cream Cheese Apple Slices Low-Fat White Milk	WG Gingerbread Breakfast Bread Strawberry Slices Cheese Stick Low-Fat White Milk	WG Muffin Banana Low-Fat White Milk
WG Croissant Sandwich Diced Pears Low-Fat White Milk	WG French Toast Sticks Applesauce Syrup Low-Fat White Milk	WG French Toast Minis Strawberry Slices Syrup Low-Fat White Milk	WG Pancakes Banana Slices Syrup Low-Fat White Milk
Egg and Potato Taco on WG Tortilla Peach Slices Low-Fat White Milk	Shredded Pork (Barbacoa) Taco on WG Tortilla Watermelon Chunks Low-Fat White Milk	Breakfast Burrito on WG Tortilla Pineapple Tidbits Low-Fat White Milk	Pork Tamales Mango Chunks Low-Fat White Milk
WIC Allowable Cereal Orange Slices Cheese Stick Low-Fat White Milk	Strawberry Yogurt WIC Allowable Cereal Topping Diced Peaches Low-Fat White Milk	WG Waffles Mandarin Orange Syrup Low-Fat White Milk	WIC Cereal Strawberry Slices Low-Fat White Milk

**Notes :**

- ✓ **WG = Whole Grain**
- ✓ **To create a cycle menu, pick any of the above 5 for one week and repeat, add more variety by picking any 10 for two weeks and repeat**
- ✓ **Cereals should be WIC Allowable**
  - Click [here](#) to view a list of approved WIC cereals!



## SFSP LUNCH MEAL PATTERN

### Select All Four Components for a Reimbursable Meal

Component	Item	Amount	Description
Dairy	1 milk	1 cup	1% white or skim white fluid milk
Fruits/ Vegetables	2 fruits/vegetables	3/4 cup	Juice, <sup>1</sup> fruit and/or vegetable
	<i><sup>1</sup>Fruit or vegetable juice must be 100% juice and may count for not more than one half of this requirement.</i>		
Grains	1 grains/bread <sup>2</sup>	1 slice	Bread
		1 serving	Cornbread, biscuit, roll or muffin
1/2 cup		Hot cooked cereal	
1/2 cup		Pasta or noodles or grains	
<i><sup>2</sup>Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</i>			
Protein	1 meat/meat alternative	2 oz.	Lean meat, poultry or fish <sup>3</sup>
		2 oz.	Alternate protein product
		2 oz.	Cheese
		1 large	Egg
		1/2 cup	Cooked dry beans or peas
		4 Tbsp.	Nut or seed butter (no peanut butter)
8 oz.	Yogurt <sup>4</sup>		
<i><sup>3</sup>A serving consists of the edible portion of cooked lean meat, poultry or fish.</i>			
<i><sup>4</sup>Yogurt may be plain or flavored; unsweetened or sweetened.</i>			

## APPROVED COLD LUNCH MEAL EXAMPLES

<b>Sandwiches</b>	WG Sandwich Bread Turkey Cheddar Cheese Sliced Canned Beets Apple Slices Low-Fat White Milk	Whole Wheat Bread Turkey Breast Colby Jack Cheese Thinly sliced bell peppers Mixed Fruit Cup Mustard & Ranch Low-Fat White Milk	WG Bread Turkey Pepper Jack Cheese Jicama w/ Chili Lime Seasoning Orange Slices Low-Fat White Milk	Whole Wheat Roll Turkey Breast, Turkey ham, Cheddar Cheese Cucumber Slices Strawberry Slices Mustard & Ranch Low-Fat White Milk
	WG Roll Turkeyham Turkey Pepperoni Provolone Cheese Tomato Wedges Diced Pineapple Mustard & Ranch Low-Fat White Milk	WG Roll Turkeyham American Cheese Baked Potato Salad Diced Pears Mustard & Ranch Low-Fat White Milk	Whole Wheat Roll Turkeyham Cheddar Cheese Cucumber Slices Fresh Fruit Cup Mustard & Ranch Low-Fat White Milk	Whole Wheat Roll Roast Beef Turkey Breast Swiss Cheese Cucumber Slices Diced Cantaloupe Mustard & Ranch Low-Fat White Milk
	WG Roll Turkey & Turkey Salami Mozzarella Slice Sweet Potato Tots Banana Italian Dressing Packet Low-Fat White Milk	WG Bread Slices Turkey and Ham Swiss Cheese Shredded Raw Carrots Applesauce Cup Low-Fat White Milk	WG Hamburger Bun Grilled Chicken Patty & Turkey Bacon w/ Mayo Side Salad: Shredded Lettuce, Diced Tomatoes & Cucumber Slices w/ Ranch Sliced Kiwi Low-Fat White Milk	Whole Wheat Bun Grilled Chicken Breast Cheese Bean Salad Easy peel mandarin orange Low-Fat White Milk
	Croissant Turkey Jicama Sticks Diced Peaches Low-Fat White Milk	WG Bread Chopped Chicken Salad Sliced Red Bell Peppers w/ Hummus Diced Mango Low-Fat White Milk	WG Bread Tuna Salad Salad with Diced Tomatoes Diced Watermelon Low-Fat White Milk	WG Bread Sunflower Seed Butter Strawberry Jam Canned Corn Applesauce Cup Low-Fat White Milk

**Notes:**

**WG = Whole Grain**

**Vegetables should be softened for small children.**

APPROVED COLD LUNCH MEAL EXAMPLES				
<b>Wraps</b>	WG Wrap Turkey Cheese Basil Pesto Canned Corn Diced Watermelon Low-Fat White Milk	WG Wrap Turkey Shredded Carrots Fruit Cup in Own Juice Low-Fat White Milk	WG Tortilla BBQ Chicken Cheddar Cheese Sliced Cucumbers Fresh Cut Melon BBQ Sauce Low-Fat White Milk	WG Tortilla Chicken Fajita Strips Cheddar Cheese Shredded Lettuce, Diced Tomatoes & Bell Peppers Pineapple Chunks Low-Fat White Milk
<b>Wraps/ Pita</b>	WG Kaiser Bun Diced Buffalo Chicken Tomatoes & Cucumbers Thinly Sliced Bell Peppers Apple Slices Ranch Dressing Low-Fat White Milk	Whole Wheat Tortilla Popcorn Chicken Bites Cheese Slice Sliced Cucumbers Lettuce & Tomato Diced Pears Low-Fat White Milk	Philly Cheesesteak Wrap WG Tortilla Low Sodium Philly Steak Provolone Cheese Salad with Diced Tomatoes Fresh Cut Pineapple Low-Fat White Milk	Whole Wheat Pita Pocket Sliced Turkey Pepperoni Salami Cheese Salad Greens Roasted Red Peppers Orange Slices Low-Fat White Milk
<b>Cracker Stackables</b>	Pizza Stackables Whole Wheat Crackers Turkey Pepperoni Slices Cheese Squares Sliced Canned Beets Mandarin Orange Ranch Dressing Low-Fat White Milk	Stackables Whole Wheat Crackers Turkey Ham Cheese Squares Diced Bell Peppers Ranch Dressing Sliced Strawberries Low-Fat White Milk	Chicken Salad Whole Wheat Crackers Diced Cucumbers Applesauce Cup Low-Fat White Milk	<p><b>Notes:</b></p> <p><b>WG = Whole Grain</b></p> <p><b>Fruits and vegetables should be sliced or in small bite-sized pieces. Do not serve whole fruits such as apples or pears to young children as these items are difficult for them to eat.</b></p>
<b>Pasta Salads</b>	WG Pasta Salad Boiled Egg Goldfish Crackers Diced Cucumbers Applesauce Cup Low-Fat White Milk	Southwest Pasta Salad Diced Chicken Rotini Pasta Mixed Lettuce Greens Diced Mango Low-Fat White Milk	Italian Pasta Salad WG Rotini Pasta Salami Mozzarella Cheese Mixed Lettuce Greens Banana Low-Fat White Milk	
<b>Salads</b>	WG Roll Chicken Tenders Mixed Lettuce Greens Shredded Carrots Sliced Peaches Ranch/Caesar Dressing Low-Fat White Milk	WG Roll Diced Chicken Cheddar Cheese Mixed Greens Salad Diced Tomatoes Shredded Carrots Orange Slices Ranch Dressing Low-Fat White Milk	Diced Chicken Salad Sliced Croissant Spinach Salad Sliced Kiwi Ranch Dressing Low-Fat White Milk	

## APPROVED HOT LUNCH MEAL EXAMPLES

<b>Beef</b>	<p style="text-align: center;">Lasagna Bake Cooked Green Beans Diced Watermelon Low-Fat White Milk</p>	<p style="text-align: center;">Roma Meat Sauce WG Spaghetti Garlic Breadstick Steamed Green Beans Baked Peaches Parmesan Cheese Packet Low-Fat White Milk</p>	<p style="text-align: center;">WG Tortilla Taco Beef Spanish-style Brown Rice w/ Veggies Ranchero Pinto Beans Taco Sauce Low-Fat White Milk</p>	<p style="text-align: center;">Beef Tamales w/ Enchilada Sauce &amp; Cheddar Cheese Yellow Rice Broccoli Low-Fat White Milk</p>
	<p style="text-align: center;">Salisbury Steak w/ Brown Gravy WG Dinner Roll Mashed Potatoes Banana Low-Fat White Milk</p>	<p style="text-align: center;">Baked Steak Fingers Steamed Carrot Coins Macaroni and Cheese Applesauce Cup BBQ Sauce Low-Fat White Milk</p>	<p style="text-align: center;">WG Bun Sloppy Jo Meat Sauce Diced Melon Low-Fat White Milk</p>	<p style="text-align: center;">Chile con Carne Cheddar Cheese WG Dinner Roll Sweet Potato Fries Diced Pears Ketchup Low-Fat White Milk</p>
	<p style="text-align: center;">Ground Beef Pita w/ Tomato, Cucumber, and Lettuce Ranch Dressing Diced Watermelon Low-Fat White Milk</p>	<p style="text-align: center;">Hamburger Patty Whole Wheat Bun Baked Potato Wedges Steamed Peas &amp; Carrots Ketchup Low-Fat White Milk</p>	<p style="text-align: center;">Chili Mac w/ Shredded Cheddar Cheese Corn Spinach Low-Fat White Milk</p>	<p style="text-align: center;">BBQ Beef WG Dinner Roll Broccoli &amp; Cheese Mashed Potatoes Brown Gravy Sliced Strawberries Low-Fat White Milk</p>
<b>Chicken</b>	<p style="text-align: center;">WG Chicken Tenders Cooked Green Beans Macaroni and Cheese Diced Pears BBQ Sauce Low-Fat White Milk</p>	<p style="text-align: center;">Chicken Nuggets Sweet Potato Puffs Banana BBQ Sauce &amp; Ketchup Low-Fat White Milk</p>	<p style="text-align: center;">Chicken Fajita Wrap WG Tortilla Spanish-style Brown Rice w/ Veggies Seasoned Black Beans Taco Sauce Low-Fat White Milk</p>	<p style="text-align: center;">Hawaiian Chicken Breast Whole Wheat Bun Baked Crinkle Fries Steamed Carrot Coins Ketchup Low-Fat White Milk</p>
	<p style="text-align: center;">Popcorn Chicken WG roll Sweet Potato Fries Sliced Kiwi Low-Fat White Milk</p>	<p style="text-align: center;">Chicken Stir Fry w/ Peas, Carrots, and Broccoli Brown Rice Diced Pineapple Low-Fat White Milk</p>	<p style="text-align: center;">Chicken &amp; Chili Taquitos Spanish Rice Fiesta Pinto Beans Apple slices Low-Fat White Milk</p>	<p style="text-align: center;">Korean BBQ Chicken Cilantro Brown Rice Cabbage Slaw Strawberries &amp; Mandarin Orange Slices Low-Fat White Milk</p>

## APPROVED HOT LUNCH MEAL EXAMPLES

<b>Turkey</b>	Turkey & Gravy WG Dinner Roll Creamy Mashed Potatoes Green Beans Brown Gravy Diced Peaches Low-Fat White Milk	Hot Sliced Turkey in Gravy Whole Wheat Bun Cowboy Beans Baked Cherries & Apples Mustard & Ketchup Low-Fat White Milk	Turkey Burgers Ground Turkey WG Bun Lettuce & Sliced Tomato Baked Tater Tots Mandarin Orange Low-Fat White Milk	Ground Turkey Soft Tacos WG Tortillas Corn Diced Tomatoes Pineapple & Mandarin Fruit Cup in 100% Own Juice Low-Fat White Milk
<b>Vegetarian</b>	Falafel Pita w/ Tomato and Lettuce Ranch Dressing Applesauce Cup Low-Fat White Milk	Quesadilla WG Tortilla Cheese Side Salad Sliced Strawberries Low-Fat White Milk	Macaroni & Cheese Mixed Vegetables Banana Low-Fat White Milk	WG Pasta Spirals Lentil Spaghetti Sauce Steamed Broccoli Diced Pineapple Low-Fat White Milk
	Grilled Cheese Sandwich WG Bread Baked Tater Tots Steamed Mixed Vegetables Ketchup Low-Fat White Milk	Mozzarella Sticks Marinara Sauce Seasoned Squash Apple Slices Low-Fat White Milk	Deep Dish Cheese Pizza WG Crust Steamed Spinach Diced Watermelon Low-Fat White Milk	Three Bean Chili w/ Carrots and Celery Corn Bread Sliced Kiwi Low-Fat White Milk
<b>Pork or Fish</b>	Pork Tamales Fiesta Pinto Beans Mexican Corn Salad Spanish Rice Jicama Low-Fat White Milk	Lunch Box: Ham slices, Cheese slices, WG Crackers Diced Fresh Melon Diced Peaches Low-Fat White Milk	Fish Sticks Macaroni & Cheese Baked Beans Orange Slices Low-Fat White Milk	Tuna Alfredo WG Bowtie Pasta Steamed Broccoli Sliced Strawberries Low-Fat White Milk

**Notes:**

**WG = Whole Grain**

## SFSP SNACK MEAL PATTERN

Select Two of the Four Components for a Reimbursable Meal

Component	Item	Amount	Description
Dairy	1 milk	1 cup	1% white or skim white fluid milk
Fruits/ Vegetables	1 fruit/vegetable	3/4 cup	Juice, <sup>1</sup> fruit and/or vegetable
	<i><sup>1</sup>Fruit or vegetable juice must be 100% juice. Juice cannot be served when milk is the only other snack component.</i>		
Grains	1 grains/bread <sup>2</sup>	1 slice	Bread
		1 serving	Cornbread, biscuit, roll or muffin
		3/4 cup	Cold dry cereal
		1/2 cup	Hot cooked cereal
		1/2 cup	Pasta, noodles or grains
<i><sup>2</sup>Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</i>			
Protein	1 meat/meat alternative	1 oz.	Lean meat, poultry or fish <sup>3</sup>
		1 oz.	Alternate protein product
		1 oz.	Cheese
		1/2 large	Egg
		1/4 cup	Cooked dry beans or peas
		2 Tbsp.	Nut or seed butter (no peanut butter)
		4 oz.	Yogurt <sup>4</sup>
<i><sup>3</sup>A serving consists of the edible portion of cooked lean meat or poultry or fish.</i>			
<i><sup>4</sup>Yogurt may be plain or flavored, unsweetened or sweetened.</i>			

## APPROVED SNACK EXAMPLES

WG English Muffin Nut Butter	Animal Crackers Mandarins	WG Crackers Bean Dip	WG Crackers Diced Pineapple
Crackers Hummus	Cheddar Goldfish Low-Fat White Milk	Pretzel Goldfish Softened Baby Carrots Ranch Dressing	Sliced Strawberries Cheese Stick
WG Crackers Turkey Slice	Graham Crackers Yogurt	WG Tortilla Nut Butter	Crunchy Cereal Mix Low-Fat White Milk
WG Slice of Bread Sunflower Seed Butter Banana Slices	Soft Granola Bar Sliced Apple	Fresh Apple Slices Cheese Stick	WG Apple Cinnamon Muffin Cheese Stick
Banana Low-Fat White Milk	Yogurt Mixed Fruit	WG Blueberry Muffin Low-Fat White Milk	WG Tortilla Turkey Slice Ranch Dressing

### Notes:

- **WG = Whole Grain**
- **Granola Bar must have less than 7g sugar**
- **Cereal must be WIC Approved**
  - Click this [here](#) to view a list of approved WIC cereals!

## Example Two-Week Cycle Breakfast Menu

<b>Breakfast Week #1</b>	WG Bagel w/ cream cheese Orange Slices Low-fat white milk	WG Croissant sandwich Apple slices Low-fat white milk	WIC Allowable cereal Diced melon Low-fat white milk	WG French toast sticks w/ syrup Strawberry slices Low-fat white milk	Pork tamales Diced mango Low-fat white milk
<b>Breakfast Week #2</b>	WG Blueberry muffin Diced pears Cheese stick Low-fat white milk	Breakfast burrito on WG tortilla w/ salsa Diced pineapple Low-fat white milk	WIC Allowable cereal Sliced peaches Yogurt Low-fat white milk	Egg and potato taco on WG tortilla Mandarin orange Low-fat white milk	WG Mini pancakes w/ syrup Sliced banana Low-fat white milk
<b>Breakfast Week #1</b>	WG Bagel w/ cream cheese Orange Slices Low-fat white milk	WG Croissant sandwich Apple slices Low-fat white milk	WIC Allowable cereal Diced melon Low-fat white milk	WG French toast sticks w/ syrup Strawberry slices Low-fat white milk	Pork tamales Diced mango Low-fat white milk
<b>Breakfast Week #2</b>	WG Blueberry muffin Diced pears Cheese stick Low-fat white milk	Breakfast burrito on WG tortilla w/ salsa Diced pineapple Low-fat white milk	WIC Allowable cereal Sliced peaches Yogurt Low-fat white milk	Egg and potato taco on WG tortilla Mandarin orange Low-fat white milk	WG Mini pancakes w/ syrup Sliced banana Low-fat white milk
<b>Breakfast Week #1</b>	WG Bagel w/ cream cheese Orange Slices Low-fat white milk	WG Croissant sandwich Apple slices Low-fat white milk	WIC Allowable cereal Diced melon Low-fat white milk	WG French toast sticks w/ syrup Strawberry slices Low-fat white milk	Pork tamales Diced mango Low-fat white milk

**Notes:**

- ✓ WG = Whole Grain
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  - Click this [here](#) to view a list of approved WIC cereals!



## Example Two-Week Cycle Lunch Menu

<b>Lunch Week #1</b>	Whole Wheat Roll Turkey-ham & Cheddar Cheese Cucumber Slices Fresh Fruit Cup Mustard & Ranch	Chicken Nuggets Sweet Potato Puffs Banana BBQ Sauce & Ketchup	Lasagna Bake Cooked Green Beans Diced Watermelon	Italian Pasta Salad w/ WG Rotini Pasta Mozzarella Cheese Mixed Lettuce Greens Diced Pineapple	Fish Sticks Macaroni & Cheese Baked Beans Orange Slices
<b>Lunch Week #2</b>	Whole Wheat Crackers Turkey Ham Cheese Squares Diced Bell Peppers Sliced Strawberries Ranch Dressing	Korean BBQ Chicken Cilantro Brown Rice Cabbage Slaw Strawberries & Mandarin Orange Slices	Ground Beef Pita w/ Tomato, Cucumber, and Lettuce Ranch Dressing Diced Watermelon	WG Pasta Salad Boiled Egg Goldfish Crackers Diced Cucumbers Applesauce Cup	Mozzarella Sticks Marinara Sauce Seasoned Squash Apple Slices
<b>Lunch Week #1</b>	Whole Wheat Roll Turkey-ham & Cheddar Cheese Cucumber Slices Fresh Fruit Cup Mustard & Ranch	Chicken Nuggets Sweet Potato Puffs Banana BBQ Sauce & Ketchup	Lasagna Bake Cooked Green Beans Diced Watermelon	Italian Pasta Salad w/ WG Rotini Pasta Mozzarella Cheese Mixed Lettuce Greens Diced Pineapple	Fish Sticks Macaroni & Cheese Baked Beans Orange Slices Low-Fat White Milk
<b>Lunch Week #2</b>	Whole Wheat Crackers Turkey Ham Cheese Squares Diced Bell Peppers Sliced Strawberries Ranch Dressing	Korean BBQ Chicken Cilantro Brown Rice Cabbage Slaw Strawberries & Mandarin Orange Slices	Ground Beef Pita w/ Tomato, Cucumber, and Lettuce Ranch Dressing Diced Watermelon	WG Pasta Salad Boiled Egg Goldfish Crackers Diced Cucumbers Applesauce Cup	Mozzarella Sticks Marinara Sauce Seasoned Squash Apple Slices
<b>Lunch Week #1</b>	Whole Wheat Roll Turkey-ham & Cheddar Cheese Cucumber Slices Fresh Fruit Cup Mustard & Ranch	Chicken Nuggets Sweet Potato Puffs Banana BBQ Sauce & Ketchup	Lasagna Bake Cooked Green Beans Diced Watermelon	Italian Pasta Salad w/ WG Rotini Pasta Mozzarella Cheese Mixed Lettuce Greens Diced Pineapple	Fish Sticks Macaroni & Cheese Baked Beans Orange Slices

- Notes:**
- ✓ Serve Low-Fat (1%) or Skim White Milk Every Day
  - ✓ WG = Whole Grain
  - ✓ Cereals should be WIC Approved
    - Click this [here](#) to view a list of approved WIC cereals!

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**1. mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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