



# Healthy Lunch Swaps

When you provide meals and snacks to the children you care for, you are helping nourish children's bodies to grow and develop. The CACFP guidelines give you a framework of what to serve for lunch each day, such as:

1. Fluid milk
2. Meat/meat alternates
3. Grains
4. Fruits
5. Vegetables

## Tip

To transition from flavored milk to unflavored milk, mix half of the serving with unflavored milk before fully switching to unflavored milk.

When choosing from these categories, it's not always clear which foods are more nutritious than others, and it may vary based on the child's age and growth pattern. If you are looking to boost the nutritional profile of the meals you are serving, consider making swaps within each category listed below:



## Milk

Opt for unflavored milk since it contains no added sugars. The milk fat percentage you offer will vary based on the child's age: full-fat (whole) milk for children ages 1-2, low-fat (1%) or fat-free (skim) milk for children ages 2 and up.

Chocolate milk → Unflavored milk (all ages)

Strawberry milk → Unflavored milk (all ages)



## Meat/Meat Alternates

Look for meat/meat alternates low in saturated fat, cholesterol and sodium.

Beef hot dog → Reduced sodium turkey hot dog

Taco meat prepared with 70/30 ground beef → Taco meat prepared with 85/15 ground beef



## Grains

Go with a whole grain when possible, which provide additional fiber and protein compared with enriched grains.

Enriched wheat flour → Whole wheat flour, buckwheat flour

Enriched wheat flour tortilla → Whole corn tortilla

White rice → Brown rice or quinoa



## Fruits & Vegetables

Choose fruits and vegetables closer to their whole form, which provides additional fiber, vitamins and minerals.

Orange Juice → Apple with skin

French Fries → Sweet potato wedges with skin

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