

A young boy with a joyful expression, wearing a red t-shirt and a black backpack, is reaching out with his right hand towards another person's hand. The background is slightly blurred, showing other people in a bright, indoor setting. An orange semi-transparent overlay covers the left side of the image, containing the text.

# Menu Planning

February 4th, 2026



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## Agenda

- Introductions
- Panelist Q&A
- Menu Planning Activity
- Wrap-Up

## Moderator and Panelists



Morgan Chapman  
DECAL



Aleta McLean  
Open Hand Atlanta



Laura Lane  
Rabun Co Family  
Connections

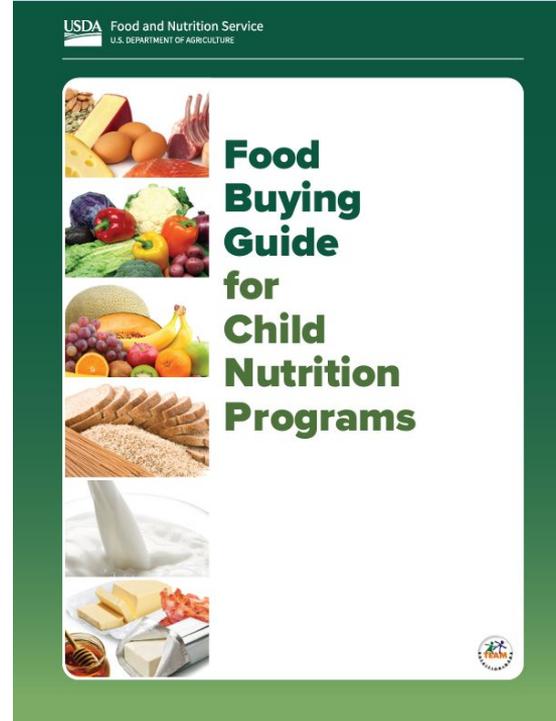
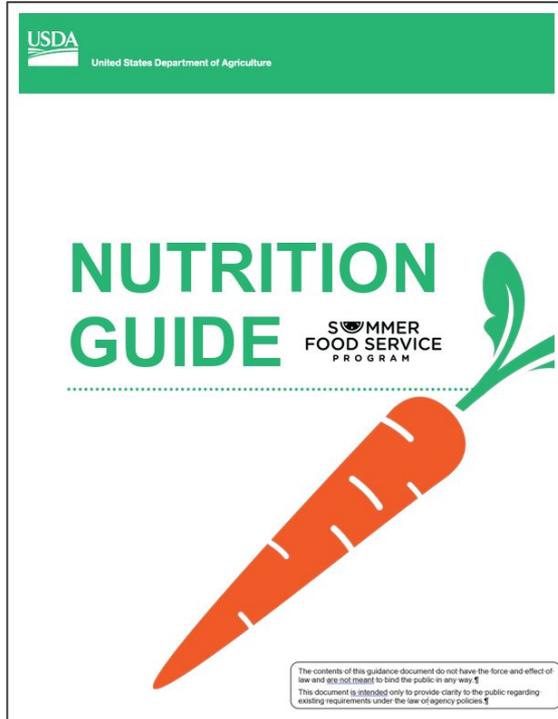


Monica Griffin  
DECAL

# MEAL PATTERN

Component	Breakfast	Lunch/Supper	Snack
Milk	Required	Required	Select 2 of 4 components
Vegetables and Fruits	1 Required	2 Required	Select 2 of 4 components
Grains/Breads	Required	Required	Select 2 of 4 components
Meat/Meat Alternate	Optional	Required	Select 2 of 4 components

# Resources



<b>Grains/Breads</b>	<b>Meat/Meat Alternates</b>	<b>Fruits and Vegetables</b>
Sliced bread Pita bread Tortillas Bagels English muffin Rolls Hamburger buns Macaroni noodles Spiral pasta Bow-tie pasta Round crackers Square crackers Frozen waffles Tortilla chips Pretzels	Pre-cooked chicken Canned chicken Canned tuna Deli turkey meat Ham Pepperoni Hard boiled eggs Sliced cheddar cheese Shredded cheese String cheese Canned black beans Refried beans Canned chickpeas Hummus Yogurt Peanut butter Sunflower seeds	Baby carrots Sliced cucumber Sliced peppers Celery Sugar snap peas Broccoli Green peas Salad greens Salsa Apples Oranges Peaches Bananas Berries Kiwi Fruit cups Applesauce Raisins



QUESTIONS?



**Thank You for Feeding  
Georgia's Kids!**



# TEAM NO KID HUNGRY

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WE ARE HERE TO HELP

Facebook: @NoKidHungryGA

Email Anastasia Tsekeris:

[atsekeris@strength.org](mailto:atsekeris@strength.org)

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