

	Child meal pattern food components:	MONDAY 3/10	TUESDAY 3/11	WEDNESDAY 3/12	THURSDAY 3/13	FRIDAY 3/14
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Diced Pears	Fresh apples, sliced	Fruit cocktail	Mixed fruit	Bananas
	Grains/Breads	Cereal	Biscuits	Waffles	Bran muffins	Cinnamon Raisin Bagels
	Extras:	Raisins		Syrup		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Fish Sticks Alt: Garbanzo Beans	Macaroni & Cheese	Chicken Parmesan & Pasta Casserole Alt: Boiled Egg	Kidney Beans	Chicken Nuggets Alt: Cheese sticks
	Vegetable or Fruit	Green Beans	Mixed vegetables (5- way blend)	Zucchini	Broccoli	Lima Beans
	Vegetable or Fruit	Mandarin Oranges	Crushed pineapple	Fresh apples	Diced Peaches	Fruit Cocktail
	Grains/Breads	Cornbread muffins	Club Crackers	Whole wheat bread	Rice	Saltine Crackers
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Yogurt	Mozzarella Cheese Sticks		
	Vegetable/Fruit/Juice	Diced Peaches			Applesauce	Mandarin Oranges
	Grains/Bread	Vanilla Wafers	Raisin Bread	Goldfish Crackers	Cereal	Rice Cakes
	Extras:					