

	Child meal pattern food components:	MONDAY 3/17	TUESDAY 3/18	WEDNESDAY 3/19	THURSDAY 3/20	FRIDAY 3/21
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Diced Pears	Sliced cinnamon apples	Diced Peaches	Mandarin Oranges	Mixed fruit
	<b>Grains/Breads</b>	Cheese toast	Cereal	Pancakes	Whole grain bagels	English Muffins
	<b>Extras:</b>		Raisins	Syrup		Sun Butter
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Baked Spaghetti with meat sauce Alt: Kidney Beans	Scrambled Eggs with Cheese	Scalloped Potatoes w/ Ham Alt: Cheese Sticks	Chicken Drumsticks w/ Barbeque sauce Alt: Boiled Egg	Turkey Sandwiches Alt: Yogurt
	<b>Vegetable or Fruit</b>	Carrots, sliced	Country Style Potatoes	Green Beans	Corn Kernels	Lima Beans
	<b>Vegetable or Fruit</b>	Fruit cocktail	Honeydew melon	Applesauce	Crushed Pineapple	Fresh apples
	<b>Grains/Breads</b>	(Spaghetti with plain sauce for alternates)	Raisin Bread	Whole wheat rolls	Mini Bread Sticks	(Whole wheat bread for sandwich)
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>		Yogurt	Hummus		
	<b>Vegetable/Fruit/Juice</b>	Diced Peaches	Diced Pears		Applesauce	Bananas
	<b>Grains/Bread</b>	Oyster Crackers		Pita Bread	Graham Crackers	Animal Crackers
	<b>Extras:</b>					<b>ICE CREAM</b>

*Birthday Snack*