

	Child meal pattern food components:	MONDAY 7/14	TUESDAY 7/15	WEDNESDAY 7/16	THURSDAY 7/17	FRIDAY 7/18
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Diced Peaches (ss)	Mandarin Oranges (ss)	Pineapple Tidbits (ss)	Mixed Fruit (ss)	Bananas
	Grains/Breads	English Muffins	Cereal (Toasted Oats or Corn Flakes)	Pancakes	Apple Muffins	Biscuits
	Extras:		Raisins	Syrup		Jelly
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mini Corn Dogs (turkey) Alt: Yogurt	Shepherd's Pie Alt: Boiled Egg	Creamed Chicken Alt: Kidney Beans	Baked Fish Sticks Alt: Mozzarella Cheese Sticks	Grilled Cheese Sandwiches
	Vegetable or Fruit	Yellow Squash	Green Beans	Broccoli	Lima Beans	Corn kernels
	Vegetable or Fruit	Diced Pears	Bananas	Applesauce	Watermelon	Sliced cinnamon apples
	Grains/Breads	Raisin Bread	Mini Breadsticks	Yellow Rice	Grits	(whole wheat bread for sandwiches)
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate	Mozzarella Cheese Sticks	Yogurt	Hummus		Fresh Strawberries (18 months & older) Applesauce (0-18 mo.)
	Vegetable/Fruit/Juice		Diced Peaches (ss)		Diced Pears	
	Grains/Bread	Oyster Crackers		Pita Bread	Goldfish crackers	Birthday Cake
	Extras:					BIRTHDAY SNACK