

	Child meal pattern food components:	MONDAY 7/28	TUESDAY 7/29	WEDNESDAY 7/30	THURSDAY 7/31	FRIDAY 8/1
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Diced Pears (ss)	Applesauce (ss)	Mixed Fruit (ss)	Pineapple Tidbits (ss)	Bananas
	Grains/Breads	Cereal (Toasted Oats or Corn Flakes)	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	Vegetarian Chili w/ Kidney Beans	Chicken Nuggets Alt: Mozzarella Cheese sticks
	Vegetable or Fruit	Green Peas	Mixed vegetables (5-way blend)	Zucchini	Broccoli	Lima Beans
	Vegetable or Fruit	Mandarin Oranges	Crushed pineapple	Fresh apples	Diced Peaches	Watermelon
	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 (ss)			Applesauce (ss)	Mandarin Oranges (ss)
	Grains/Bread	Vanilla Wafers	Raisin Bread	Goldfish Crackers	Cereal (Toasted Oats or Corn Flakes)	Rice Cakes
	Extras:					