

	Child meal pattern food components:	MONDAY 8/18	TUESDAY 8/19	WEDNESDAY 8/20	THURSDAY 8/21	FRIDAY 8/22
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	Tator Tots
	Vegetable or Fruit	Diced Pears	Bananas	Applesauce	Diced Peaches	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		Sun Butter
	Vegetable/Fruit/Juice		Diced Peaches (ss)		Diced Pears	
	Grains/Bread	Oyster Crackers		Pita Bread	Goldfish crackers	Graham Crackers
	Extras:					