

	Child meal pattern food components:	MONDAY 11/10	TUESDAY 11/11	WEDNESDAY 11/12	THURSDAY 11/13	FRIDAY 11/14
BREAKFAST	Milk	Milk	Closed Veterans Day	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Diced Pears (ss)		Mixed Fruit (ss)	Pineapple Tidbits (ss)	Bananas
	Grains/Breads	Cereal (Toasted Oats or Corn Flakes)		Waffles	Bran muffins	Cinnamon Raisin Bagels
	Extras:	Raisins		Syrup		
LUNCH	Milk	Milk		Milk	Milk	Milk
	Meat/Meat Alternate	Baked Fish Sticks Alt: Garbanzo Beans		Chicken Parmesan & Pasta Casserole Alt: Boiled Egg	Vegetarian Chili w/ Kidney Beans	Chicken Nuggets Alt: Mozzarella Cheese sticks
	Vegetable or Fruit	Green Peas		Zucchini	Broccoli	Lima Beans
	Vegetable or Fruit	Mandarin Oranges		Fresh apples	Diced Peaches	Fruit Cocktail
	Grains/Breads	Cornbread muffins		Whole wheat bread	Rice	Saltine Crackers
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate			Mozzarella Cheese Sticks		
	Vegetable/Fruit/Juice	Diced Peaches (ss)			Applesauce (ss)	Mandarin Oranges (ss)
	Grains/Bread	Vanilla Wafers		Goldfish Crackers	Cereal (Toasted Oats or Corn Flakes)	Rice Cakes
	Extras:					