

	Child meal pattern food components:	MONDAY 10/13	TUESDAY 10/14	WEDNESDAY 10/15	THURSDAY 10/16	FRIDAY 10/17
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Diced Pears (ss)	Applesauce (ss)	Mixed Fruit (ss)	Pineapple Tidbits (ss)	Bananas
	<b>Grains/Breads</b>	Cereal (Toasted Oats or Corn Flakes)	Biscuits	Pancakes	Bran muffins	Cinnamon Raisin Bagels
	<b>Extras:</b>	Raisins		Syrup		
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	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
	<b>Vegetable or Fruit</b>	Green Peas	Mixed vegetables (5-way blend)	Squash	Broccoli	Lima Beans
	<b>Vegetable or Fruit</b>	Mandarin Oranges	Sliced Apples	Apple Sauce	Diced Peaches	Fruit Cocktail
	<b>Grains/Breads</b>	Grits	Club Crackers	Whole wheat bread	Rice	Saltine Crackers
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>		Yogurt	Mozzarella Cheese Sticks		
	<b>Vegetable/Fruit/Juice</b>	Diced Peaches (ss)			Applesauce (ss)	Mandarin Oranges (ss)
	<b>Grains/Bread</b>	Vanilla Wafers	Raisin Bread	Goldfish Crackers	Cereal (Toasted Oats or Corn Flakes)	Rice Cakes
	<b>Extras:</b>					