

	Child meal pattern food components:	MONDAY 11/17	TUESDAY 11/18	WEDNESDAY 11/19	THURSDAY 11/20	FRIDAY 11/21
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Diced Pears (ss)	Pineapple Tidbits (ss)	Diced Peaches (ss)	Mandarin Oranges (ss)	Bananas
	Grains/Breads	Cheese toast	Cereal (Toasted Oats or Corn Flakes)	Pancakes	Whole wheat bagels	English Muffins
	Extras:		Raisins	Syrup		Sun Butter
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Spaghetti with meat sauce Alt: Kidney Beans	Scrambled Eggs with Cheese	Scalloped Potatoes w/ Ham Alt: Mozzarella Cheese Sticks	Chicken Drumsticks w/ Barbeque sauce Alt: Boiled Egg	Turkey Sandwiches Alt: Yogurt
	Vegetable or Fruit	Carrots, sliced	Potato Cubes	Green Beans	Corn Kernels	Lima Beans
	Vegetable or Fruit	Cinnamon sliced apples	Honeydew melon	Applesauce	Crushed Pineapple	Fresh apples
	Grains/Breads	(Spaghetti with plain sauce for alternates)	Raisin Bread	Wheat rolls	Mini Bread Sticks	(Whole wheat bread for sandwich)
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Yogurt	Hummus		Mozzarella Cheese Sticks
	Vegetable/Fruit/Juice	Diced Peaches (ss)	Diced Pears (ss)		Applesauce (ss)	
	Grains/Bread	Oyster Crackers		Pita Bread	Graham Crackers	Animal Crackers
	Extras:					