

	Child meal pattern food components:	MONDAY 10/20	TUESDAY 10/21	WEDNESDAY 10/22	THURSDAY 10/23	FRIDAY 10/24
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Applesauce (ss)	Bananas	Diced Pears (ss)	Mandarin Oranges (ss)	Mixed Fruit (ss)
	Grains/Breads	Blueberry muffins	Cereal (Toasted Oats or Corn Flakes)	Cinnamon Raisin Bagels	Cheese grits	Biscuits
	Extras:		Raisins			Jelly
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheese Burgers Alt: Boiled Egg	Baked Ziti w/ Kidney Beans	Chicken/Broccoli/ Cheese/Rice Casserole Alt: Yogurt	Pizza (Cheese)	Ham slices Alt: Cheddar Cheese cubes
	Vegetable or Fruit	Tator Tots	Sliced Carrots	Black Eyed Peas	Green Peas	Sweet Potatoes
	Vegetable or Fruit	Diced Peaches	Crushed Pineapple	Cantaloupe	Diced Pears	Bananas
	Grains/Breads	Whole Wheat Rolls	Club Crackers	Whole wheat bread	Pretzel Bread Sticks	Cornbread muffins
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Sun Butter		Yogurt	
	Vegetable/Fruit/Juice	Diced Pears (ss)		Diced Peaches (ss)		Applesauce (ss)
	Grains/Bread	Raisin Bread	Graham Crackers	Bran muffins	Cereal (Toasted Oats or Corn Flakes)	Rice Cakes
	Extras:					