

	Child meal pattern food components:	MONDAY 10/27	TUESDAY 10/28	WEDNESDAY 10/29	THURSDAY 10/30	FRIDAY 10/31
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Diced Peaches (ss)	Mandarin Oranges (ss)	Pineapple Tidbits (ss)	Mixed Fruit (ss)	Bananas
	<b>Grains/Breads</b>	English Muffins	Cereal (Toasted Oats or Corn Flakes)	Pancakes	Apple Muffins	Biscuits
	<b>Extras:</b>		Raisins	Syrup		Jelly
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	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
	<b>Vegetable or Fruit</b>	Yellow Squash	Green Beans	Broccoli	Lima Beans	Corn kernels
	<b>Vegetable or Fruit</b>	Diced Pears	Bananas	Applesauce	Diced Peaches	Sliced cinnamon apples
	<b>Grains/Breads</b>	Raisin Bread	Mini Breadsticks	Yellow Rice	Grits	(whole wheat bread for sandwiches)
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>	Mozzarella Cheese Sticks	Yogurt	Hummus		Sun Butter
	<b>Vegetable/Fruit/Juice</b>		Diced Peaches (ss)		Diced Pears	
	<b>Grains/Bread</b>	Oyster Crackers		Pita Bread	Goldfish crackers	Graham Crackers
	<b>Extras:</b>					