

	Child meal pattern food components:	MONDAY 11/3	TUESDAY 11/4	WEDNESDAY 11/5	THURSDAY 11/6	FRIDAY 11/7
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Mixed Fruit (ss)	Bananas	Diced Pears (ss)	Applesauce	Mandarin Oranges (ss)
	<b>Grains/Breads</b>	Whole wheat bagels	Cereal (Toasted Oats or Corn Flakes)	Biscuits	Bran Muffins	Cheese Grits
	<b>Extras:</b>		Raisins	Jelly		
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Hot dogs (all turkey) Alt: Kidney Beans	Crustless Quiche with ham Alt: same but without ham + extra cheese	Chicken Pot Pie Alt: Mozzarella Cheese Sticks	Black Beans	Beefy Macaroni & Cheese Alt: Boiled Egg
	<b>Vegetable or Fruit</b>	Mashed Potatoes	Kidney Beans	Cauliflower	Carrots	Green Beans
	<b>Vegetable or Fruit</b>	Honeydew Melon	Diced Peaches	Mandarin Oranges	Fruit Cocktail	Fresh apples, sliced
	<b>Grains/Breads</b>	Whole Wheat Bread	Cornbread Muffin	Pretzel Bread Sticks	Rice	Goldfish Bread
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>		Yogurt	Cheese Cubes		
	<b>Vegetable/Fruit/Juice</b>	Diced Peaches (ss)		Pineapple Tidbits (ss)	Diced Pears (ss)	Bananas
	<b>Grains/Bread</b>	Raisin Bread	Rice Cakes		Graham Crackers	Apple Muffins
	<b>Extras:</b>					