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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **12/15** | **TUESDAY**  **12/16** | **WEDNESDAY**  **12/17** | **THURSDAY**  **12/18** | **FRIDAY**  **12/19** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Diced Pears (ss) | Applesauce (ss) | Mixed Fruit (ss) | Pineapple Tidbits (ss) | Bananas |
| **Grains/Breads** | Cereal | Biscuits | Waffles | Bran muffins | Cinnamon Raisin Bagels |
| **Extras:** | Raisins |  | Syrup |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Baked Fish Sticks  Alt: Garbanzo Beans | Macaroni & Cheese | Chicken Parmesan & Pasta Casserole  Alt: Boiled Egg | Kidney Beans | Chicken Nuggets  Alt: Cheese sticks |
| **Vegetable or Fruit** | Green Peas | Mixed vegetables (5-way blend) | Zucchini | Broccoli | Lima Beans |
| **Vegetable or Fruit** | Mandarin Oranges | Crushed pineapple | Fresh apples | Diced Peaches | Fruit Cocktail |
| **Grains/Breads** | Cornbread muffins | Club Crackers | Whole wheat bread | Rice | Saltine Crackers |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt | Mozzarella Cheese Sticks |  |  |
| **Vegetable/Fruit/Juice** | Diced Peaches (ss) |  |  | Applesauce (ss) | Mandarin Oranges (ss) |
| **Grains/Bread** | Vanilla Wafers | Raisin Bread | Goldfish Crackers | Cereal | Rice Cakes |
| **Extras:** |  |  |  |  |  |