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|  | **Child meal pattern food components:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Mandarin oranges |  | Apples | Banana | Mixed fruit |
| **Grains/Breads** | Cheerios | Toast w/ scrambled eggs | English muffin w/ cheese | Biscuit | Breakfast muffin |
| **Extras:** | Raisins |  |  |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Pepper SteakAlt: Hardboiled egg | Chicken WrapAlt: Cheese Wrap | Grilled cheese sandwich | Baked Fish SticksAlt: Garbanzo beans | Chicken Noodle Soup |
| **Vegetable or Fruit** | Oven-baked potato wedges | Carrot and raisin salad | Cauliflower | Lima beans | Broccoli |
| **Vegetable or Fruit** | Sliced green beans | Honeydew melon | Pears | Diced peaches | Mandarin oranges |
| **Grains/Breads** | Pretzel roll | Wrap | Whole wheat bread | Grits | Baguette |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Colby Jack Cheese Sticks |  |  |  | Yogurt |
| **Vegetable/Fruit/Juice** |  | Pears | Fruit cocktail | Orange slices |  |
| **Grains/Bread** | Saltine crackers | Goldfish  | Graham crackers | Cereal | Vanilla wafers |
| **Extras:** |  |  |  |  |  |