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|  | **Child meal pattern food components:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Apricots | Mixed fruit | Banana | Cantaloupe | Pears |
| **Grains/Breads** | Corn flakes | Toast | Waffles | Whole wheat bagel | Cheese toast |
| **Extras:** |  | Boiled egg |  | Cream cheese |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Ham/Turkey/Cheese Cuban sandwich  Alt: Cheese sandwich | Taco bake  Alt: Black beans | Cheese pizza | Mini black bean sliders | Spaghetti and meatballs  Alt: Cheese stick |
| **Vegetable or Fruit** | Sweet potato fries | Corn | Green peas | Baked parmesan zucchini fries | Cauliflower |
| **Vegetable or Fruit** | Fruit cocktail | Mandarin oranges | Diced pears | Peaches | Apple slices |
| **Grains/Breads** | Sandwich bread | Tortilla | Garlic bread | Mini buns | Spaghetti |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Banana pudding | Cheese cubes | Diced peaches | Applesauce | Cheese |
| **Vegetable/Fruit/Juice** |  |  |  |  | Fruit kabob |
| **Grains/Bread** | Vanilla wafers | Breadstick | Goldfish | Cinnamon Teddy Grahams |  |
| **Extras:** |  |  |  |  |  |