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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Applesauce |  |  | Banana | Pears |
| **Grains/Breads** | Cinnamon toast | Honey Apple bagel | Waffles | Cereal | Banana bread |
| **Extras:** |  | Hardboiled egg | Bacon |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Broccoli and cheese quesadillas | Chicken nuggetsAlt: Cheese stick | Baked spaghetti w/ meat sauceAlt: Kidney beans | Curry chickenAlt: Hardboiled egg | Veggie chili w/ kidney beans |
| **Vegetable or Fruit** | Pinto beans | Lima beans | Green beans | Broccoli | Sliced carrots |
| **Vegetable or Fruit** | Mandarin oranges | Fruit cocktail | Cinnamon apples | Pineapple tidbits | Cantaloupe |
| **Grains/Breads** | Tortilla shell | Saltine crackers | (Spag. w/ plain sauce) | Yellow rice | Cornbread |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese cubes |  |  |  |
| **Vegetable/Fruit/Juice** | Carrot sticks |  | Diced peaches | Fruit pizza | Applesauce |
| **Grains/Bread** | Club crackers | Mini pretzels | Graham crackers |  | Raisin bread |
| **Extras:** | Ranch dressing |  |  |  |  |