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|  | **Child meal pattern food components:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Bananas |  | Yogurt | Cinnamon apples | Diced pears |
| **Grains/Breads** | Cereal | Cheese grits | Breakfast muffins | Biscuits | Baked apple cinnamon French toast |
| **Extras:** |  | Canadian bacon |  |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Mini turkey corn dogs  Alt: Yogurt | Sloppy joes  Alt: Cheese joe | Cheese quesadilla | Teriyaki chicken | Turkey roll-ups |
| **Vegetable or Fruit** | Broccoli | Mashed potatoes | Corn | Stir-fry carrots and peas | Green bean casserole |
| **Vegetable or Fruit** | Diced Pears | Pineapple | Pears | Mandarin oranges | Peaches |
| **Grains/Breads** | Raisin bread | Bun | Yellow rice | White rice | Cornbread stuffing |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt |  |  |  |
| **Vegetable/Fruit/Juice** | Carrots |  | Orange slices | Applesauce |  |
| **Grains/Bread** | Club crackers | Animal crackers | Cereal | Teddy Grahams |  |
| **Extras:** | Ranch dressing |  |  |  | Birthday Snack |