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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **1/19** | **TUESDAY**  **1/20** | **WEDNESDAY**  **1/21** | **THURSDAY**  **1/22** | **FRIDAY**  **1/23** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Diced Peaches (ss) | Mandarin Oranges (ss) | Pineapple Tidbits (ss) | Mixed Fruit (ss) | Bananas |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | English Muffins | Pancakes | Blue Berry Muffins | Biscuits |
| **Extras:** | Raisins |  | Syrup / Turkey Sausage |  | Jelly |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Mini Corn Dogs (turkey)  Alt: Yogurt | Shepherd’s Pie  Alt: Boiled Egg | Chicken Nuggets  Alt: Kidney Beans | Baked Fish Sticks  Alt: Mozzarella Cheese Sticks | Grilled Cheese Sandwiches |
| **Vegetable or Fruit** | Yellow Squash | Green Beans | Broccoli | Lima Beans | Mixed Vegetables |
| **Vegetable or Fruit** | Diced Pears | Bananas | Applesauce | Diced Peaches | Sliced cinnamon apples |
| **Grains/Breads** | Raisin Bread | Mini Breadsticks | Yellow Rice | Grits | (whole wheat bread for sandwiches) |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Mozzarella Cheese Sticks | Yogurt | Hummus |  | Sun Butter |
| **Vegetable/Fruit/Juice** |  | Diced Peaches (ss) |  | Diced Pears |  |
| **Grains/Bread** | Oyster Crackers |  | Pita Bread | Goldfish crackers | Graham Crackers |
| **Extras:** |  |  |  |  |  |