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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****1/26** | **TUESDAY****1/27** | **WEDNESDAY****1/28** | **THURSDAY****1/29** | **FRIDAY****1/30** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Pineapple Tidbits (ss) | Bananas | Mixed Fruit (ss) | Applesauce | Mandarin Oranges (ss) |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Whole wheat bagels | French Toast  | Cheese Grits  | Blueberry Muffins |
| **Extras:** | Raisins |  | Syrup  |  | Scrambled Eggs /Turkey Sausage  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Hamburgers Alt: Kidney Beans | Crustless Quiche with hamAlt: same but without ham + extra cheese | Turkey Sandwiches Alt: Mozzarella Cheese Sticks | Black Beans | Macaroni & Cheese |
| **Vegetable or Fruit** | Tater tots  | Mixed Vegetables  | Sweet Potatoes  | Carrots | Broccoli  |
| **Vegetable or Fruit** | Watermelon | Diced Pears | Honeydew melon  | Diced Peaches  | Applesauce  |
| **Grains/Breads** | Whole Wheat Buns  | Cornbread Muffin | Whole Wheat Bread  | Rice | Goldfish Bread |
| **Extras:** | Cheese  |  | Cheese  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt | Cheese Cubes |  |  |
| **Vegetable/Fruit/Juice** | Diced Peaches (ss) |  | Pineapple Tidbits (ss) | Diced Pears (ss) | Sun Butter  |
| **Grains/Bread** | Raisin Bread | Rice Cakes |  | Graham Crackers | Apple Muffins |
| **Extras:** |  |  |  |  |  |