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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 ham  Alt: 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:** |  |  |  |  |  |