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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****3-2** | **TUESDAY****3-3** | **WEDNESDAY****3-4** | **THURSDAY****3-5** | **FRIDAY****3-6** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Mandarin oranges |  | Strawberries | Banana | Mixed fruit |
| **Grains/Breads** | Cheerios | Yeast Rolls w/ scrambled eggs | Muffins/Bagels | Oatmeal | Breakfast muffin |
| **Extras:** |  | Canadian Bacon |  |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Ground Beef with Peppers and OnionsAlt: Hardboiled egg | Mexican Pizza Pie | Turkey Hotdogs | Baked Fish SticksAlt: Garbanzo beans | Vegetable and Bean Soup |
| **Vegetable or Fruit** | Oven-baked potato wedges | Mixed Veggies  | Cauliflower | Lima beans |  |
| **Vegetable or Fruit** | Sliced green beans | Honeydew and Cantaloupe Blend | Pears | Diced peaches | Mandarin oranges |
| **Grains/Breads** | Pretzel roll |  | Bun | Grits | Rice |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Colby Jack Cheese Sticks |  |  |  | Yogurt |
| **Vegetable/Fruit/Juice** |  | Assorted Fruit Cups | Mixed Fruit | Grapes |  |
| **Grains/Bread** | Saltine crackers | Cheddar Goldfish  | Crackers | Cereal | Vanilla wafers |
| **Extras:** |  |  |  |  |  |