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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****3/16** | **TUESDAY****3/17** | **WEDNESDAY****3/18** | **THURSDAY****3/19** | **FRIDAY****3/20** |
| **BREAKFAST** | **Milk** |  Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Diced Pears (ss) | Pineapple Tidbits (ss) | Diced Peaches (ss) | Mandarin Oranges (ss) | Bananas |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Cheese toast | Pancakes | Whole wheat bagels | Oatmeal  |
| **Extras:** | Raisins |  | Syrup / Canadian Bacon  | Sun Butter  | Sun |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Spaghetti and meat ballsAlt: Spaghetti with extra cheese  | Scrambled Eggs with Cheese | Scalloped Potatoes w/ HamAlt: Mozzarella Cheese Sticks | Vegetarian Black Bean Patties  | Turkey Breast Alt: Yogurt |
| **Vegetable or Fruit** | Mixed Vegetables  | Tatter Tots  | Lima Beans | Corn Kernels | Mashed Potatoes  |
| **Vegetable or Fruit** | Bananas  | Pears  | Cinnamon Apples  | Watermelon  | Fruit Cocktail  |
| **Grains/Breads** | Pretzel Bread Stick  | Raisin Bread | Mini Wheat Rolls | Hamburger Buns  | Whole wheat bread  |
| **Extras:** |  |  |  | Lettuce  | Gravy  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt | Hummus |  | Mozzarella Cheese Sticks |
| **Vegetable/Fruit/Juice** | Diced Peaches (ss) | Diced Pears (ss) |  | Applesauce (ss) |  |
| **Grains/Bread** | Oyster Crackers |  | Pita Bread | Graham Crackers | Animal Crackers |
| **Extras:** |  |  |  |  |  |