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|  | **Child meal pattern food components:** | **MONDAY****3-23** | **TUESDAY****3-24** | **WEDNESDAY****3-25** | **THURSDAY****3-26** | **FRIDAY****3-27** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Applesauce |  |  | Banana | Pears |
| **Grains/Breads** | Cereal | Honey Apple bagel | Waffles | Cinnamon toast | Banana bread |
| **Extras:** |  | Hardboiled egg | Bacon |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Chicken nuggetsAlt: Cheese stick | Broccoli and cheese quesadillas | Baked spaghetti w/ meat sauceAlt: Kidney beans | Curry chickenAlt: Hardboiled egg | Veggie chili w/ kidney beans |
| **Vegetable or Fruit** | Lima beans | Pinto beans | Green beans | Broccoli | Sliced carrots |
| **Vegetable or Fruit** | Fruit cocktail | Mandarin oranges | Cinnamon apples | Pineapple tidbits | Cantaloupe |
| **Grains/Breads** | Saltine crackers | Tortilla  | (Spag. w/ plain sauce) | Yellow rice | Cornbread |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Tortilla Chips and Queso | Cheese cubes |  |  |  |
| **Vegetable/Fruit/Juice** |  |  | Diced peaches | Fruit pizza | Applesauce |
| **Grains/Bread** |  | Mini pretzels | Graham crackers |  | Raisin bread |
| **Extras:** |  |  |  |  |  |