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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****3-30** | **TUESDAY****3-31** | **WEDNESDAY****4-1** | **THURSDAY****4-2** | **FRIDAY****4-3** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Pears | Peaches | Pineapples |  | Mandarin oranges |
| **Grains/Breads** | Cheese toast | Cereal | Banana Bread | Pancakes | Cinnamon raisin bagels |
| **Extras:** |  |  |  | Sausage link/patty |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Beef stroganoffAlt: Black beans | Chicken pot pieAlt: Cheese stick | Cowboy quiche | Breaded chicken drumsticksAlt: Hardboiled egg | Black beans and rice |
| **Vegetable or Fruit** | Zucchini, Squash and Cauliflower blend | Lima beans | Green beans | Corn kernels | Carrots |
| **Vegetable or Fruit** | Cantaloupe | Apricots | Applesauce | Honeydew melon | Fruit cocktail |
| **Grains/Breads** | Egg noodles | Crackers | Raisin bread | Mini breadsticks | Rice |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese cubes | Cottage cheese |  | Mozzarella cheese stick |
| **Vegetable/Fruit/Juice** | Fruit cocktail | Apple slices | Pear slices | Cucumbers |  |
| **Grains/Bread** | Graham crackers |  |  | Whole wheat bread | Oyster crackers |
| **Extras:** |  |  |  | Ranch dressing |  |