**May 18-22**

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|  | **Child meal pattern food components:** | **MONDAY**  **5-18** | **TUESDAY**  **5-19** | **WEDNESDAY**  **5-20** | **THURSDAY**  **5-21** | **FRIDAY**  **5-22** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** |  | Yogurt | Pears | Fruit Cocktail | Pears |
| **Grains/Breads** | Assorted bagels | Cereal | Waffles | Biscuits | Banana bread |
| **Extras:** | Applesauce | Jelly | Bacon & Syrup |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Chicken nuggets  Alt: Boiled Egg | Broccoli and cheese quesadillas | Shepard’s pie  Alt: Meatless shepherd’s pie | Black beans and rice | Veggie chili w/ kidney beans |
| **Vegetable or Fruit** | Lima beans | Pinto beans | Green beans | Carrots |  |
| **Vegetable or Fruit** | Apricots and Apples | Mandarin oranges | Fresh apples | Honey Dew | Cantaloupe |
| **Grains/Breads** | Saltine crackers | Tortilla | Breadsticks | Rice | Cornbread |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Cheese cubes |  |  |  |  |
| **Vegetable/Fruit/Juice** |  | Diced peaches | Mandrian Oranges | Cereal Br | Applesauce |
| **Grains/Bread** | Goldfish | Graham crackers | Baked Tortilla Chips | Banana | Raisin bread |
| **Extras:** |  |  | Salsa |  |  |