**June/July 2015**

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|  | **Child meal pattern food components:** | **MONDAY****6-29** | **TUESDAY****6-30** | **WEDNESDAY****7-1** | **THURSDAY****7-2** | **FRIDAY****7-3** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Yogurt | Kiwi | Banana | Applesauce | Pears |
| **Grains/Breads** | Corn flakes | Toast | Waffles | Whole wheat bagel | Cheese toast |
| **Extras:** |  | Boiled egg |  | Cream cheese |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Turkey and Cheese SandwichAlt: Cheese Sandwich | Taco bakeAlt: Black beans | Mini black bean sliders | Cheese pizza | Spaghetti and meatballsAlt: Cheese stick & Pasta with Plain Sauce |
| **Vegetable or Fruit** | Sweet potato fries | Corn | Baked parmesan zucchini fries | Green peas | Cauliflower |
| **Vegetable or Fruit** | Fruit cocktail | Mandarin oranges | Peaches | Diced pears | Apple slices |
| **Grains/Breads** | Whole Wheat Bread | Tortilla | Mini buns | Garlic bread | Spaghetti |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese cubes |  |  | Cheese Sticks |
| **Vegetable/Fruit/Juice** | Tropical Fruit |  | Mixed fruit (SS) | Strawberry and Banana Smoothies | Fruit kabob |
| **Grains/Bread** | Animal Crackers | Breadstick | Cinnamon Teddy Grahams | Goldfish |  |
| **Extras:** |  |  |  |  |  |