**August 10-14**

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|  | **Child meal pattern food components:** | **MONDAY****8-10** | **TUESDAY****8-11** | **WEDNESDAY****8-12** | **THURSDAY****8-13** | **FRIDAY****8-14** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Bananas | Apple slices |  | Tropical fruit | Cantaloupe |
| **Grains/Breads** | Apple cinnamon oatmeal | Banana pancakes | Cheese Mims-muffins | Cereal | French toast sticks |
| **Extras:** |  |  | Canadian bacon |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Fish Sticks | Spinach lasagna | MeatloafAlt: Black-Eyed Peas | Ham SandwichALT: Cheese Sandwich | BBQ chicken drumsticksAlt: Egg and Cheese Quiche |
| **Vegetable or Fruit** | Black-eyed peas  | Broccoli  | Mashed potatoes | Carrot Salad | Cole slaw |
| **Vegetable or Fruit** | Mandarin oranges | Pear Slices | Cinnamon apples | Pineapple tidbits | Watermelon |
| **Grains/Breads** | Rice | Texas Toast | Dinner roll | Whole wheat bread | Cornbread |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese cubes |  |  |  |
| **Vegetable/Fruit/Juice** | Teddy Grahams |  | Pickle Slices | Apple Sauce | Orange Slices |
| **Grains/Bread** | Peaches ( SS)  | Pasta salad | Oyster crackers | Chex Mix | Vanilla Wafers |
| **Extras:** |  |  |  |  |  |