**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 | Meatloaf  Alt: Black-Eyed Peas | Ham Sandwich  ALT: Cheese Sandwich | BBQ chicken drumsticks  Alt: 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:** |  |  |  |  |  |