**August 17-21**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **8-17** | **TUESDAY**  **8-18** | **WEDNESDAY**  **8-19** | **THURSDAY**  **8-20** | **FRIDAY**  **8-21** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Mandarin oranges |  | Apples | Banana | Mixed fruit |
| **Grains/Breads** | Cheerios | Toast w/ scrambled eggs | Biscuit | Cereal | Breakfast muffin |
| **Extras:** |  |  |  |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Salisbury Steak  Alt: Hardboiled egg | Chicken Parmigiana and Pasta  ALT: Pasta and Cheese Bake | Grilled cheese sandwich | Baked Fish Sticks  Alt: Garbanzo beans | Chicken Noodle Soup |
| **Vegetable or Fruit** | Oven-baked potato wedges | Sliced green beans | Cauliflower | Lima beans | Lima beans |
| **Vegetable or Fruit** | Honeydew melon | Kiwi | Pears | Diced peaches | Mandarin oranges |
| **Grains/Breads** | Pretzel roll | Pasta | Whole wheat bread | Grits | Baguette |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Colby Jack Cheese Sticks |  |  |  | Yogurt |
| **Vegetable/Fruit/Juice** |  | Pears (ss) | Mixed Fruit | Orange slices |  |
| **Grains/Bread** | Saltine crackers | Cheddar Goldfish | Graham crackers | Soft Pretzels | Vanilla wafers |
| **Extras:** |  |  |  |  |  |