**August 3-7**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **8-3** | **TUESDAY**  **8-4** | **WEDNESDAY**  **8-5** | **THURSDAY**  **8-6** | **FRIDAY**  **8-7** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Baked Apples | Peaches | Pears | Bananas | Raisins |
| **Grains/Breads** | Cereal | French toast sticks | Cheese toast | Yogurt parfait w/ granola | Cheese Grits |
| **Extras:** |  |  |  |  | Bacon |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Ham Slices  ALT: Cheese sticks | BBQ Diced Chicken Slider  Alt: Garbanzo Beans | Cheeseburgers  Alt: Black Bean Burger | Black bean and cheese burrito | Scrambled eggs w/ cheese |
| **Vegetable or Fruit** | Green beans | Roasted garlic broccoli | Tater tots | Corn | Potato Cubes |
| **Vegetable or Fruit** | Crushed Pineapple | Fresh Strawberries | Peaches | Mandarin oranges | Honeydew melon |
| **Grains/Breads** | Stuffing | Bun | Bun | Tortilla | Biscuits |
| **Extras:** |  |  |  | Salsa |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  |  | Cheese cubes |  |  |
| **Vegetable/Fruit/Juice** |  | Applesauce |  | Pear slices | Diced peaches |
| **Grains/Bread** | Raisin bread | Vanilla Wafers | Crackers | Goldfish | Animal Cookies |
| **Extras:** | Vanilla pudding |  |  |  |  |