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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** | Diced Pears (ss) | Pineapple Tidbits (ss) | Diced Peaches (ss) | Mandarin Oranges (ss) | Honeydew melon |
| **Grains/Breads** | Toast | English Muffins | Grits | Oatmeal | Cereal (Toasted Oats or Corn Flakes) |
| **Extras:** | **Boiled Egg** |  | **Syrup** | **Raisins** |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Baked Spaghetti with Extra Cheese | Black Beans | Meat Balls Subs  Alt: Mozzarella Cheese Sticks | Fried Chicken Drumsticks  Alt: Boiled Egg | Turkey  Alt: Yogurt |
| **Vegetable or Fruit** | Kidney Beans | Carrots | Mixed Vegetable | Sweet Potatoes | Mashed Potatoes |
| **Vegetable or Fruit** | Fresh Pears | Honeydew melon | Fruit Cocktail | Crushed Pineapple | Fresh Pears |
| **Grains/Breads** | Whole Wheat Rolls | Rice | Hotdog Buns | Club Crackers | (Whole wheat bread for sandwich) |
| **Extras:** |  |  |  |  | **Gravy** |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Yogurt | Hummus |  | Mozzarella Cheese Sticks |
| **Vegetable/Fruit/Juice** | Diced Peaches (ss) | Diced Pears (ss) |  | Applesauce (ss) |  |
| **Grains/Bread** | Oyster Crackers |  | Goldfish Bread | Graham Crackers | Vanilla Wafers |
| **Extras:** |  |  |  |  |  |