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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 SubsAlt: Mozzarella Cheese Sticks | Fried Chicken DrumsticksAlt: 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:** |  |  |  |  |  |