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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****8/31** | **TUESDAY****9/1** | **WEDNESDAY****9/2** | **THURSDAY****9/3** | **FRIDAY****9/4** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Bananas (ss) | Applesauce  | Raisins  | Diced Pears  | Fresh Apples  |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Pancake Wrap  | Pancakes  | French Toast Sticks  | Biscuits  |
| **Extras:** |  |  | Syrup  |  | Jelly  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Grilled Cheese Sandwiches  | Fish Sticks Alt: Cheese Cubes | Sliced TurkeyAlt: Yogurt  | Chili Alt: Vegetarian Chili  | Chicken NuggetsAlt: Mozzarella Cheese sticks |
| **Vegetable or Fruit** | Mixed Vegetables  | Grits  | Mashed Potatoes  | Kidney Beans  | Green Beans |
| **Vegetable or Fruit** | Apple Sauce  | Honeydew Melon  | Diced Pears  | Honeydew Melon  | Diced Peaches  |
| **Grains/Breads** | Whole Wheat Bread  | Animal Crackers  | Oyster Crackers  | Rice | Saltine Crackers |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Mozzarella Cheese Sticks  | Apple Juice  |  |  |
| **Vegetable/Fruit/Juice** | Grape Juice |  |  | Yogurt  | Oranges  |
| **Grains/Bread** | Raisin Bread | Mini Pretzels | Goldfish Crackers | Cereal (Toasted Oats or Corn Flakes) | Rice Cakes |
| **Extras:** |  |  |  |  |  |