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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 Turkey  Alt: Yogurt | Chili  Alt: Vegetarian Chili | Chicken Nuggets  Alt: 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:** |  |  |  |  |  |