September 21-25

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|  | **Child meal pattern food components:** | **MEATLESS****MONDAY****9-21** | **TRADITIONAL****TUESDAY****9-22** | **MULTICULTURAL****WEDNESDAY****9-23** | **THROWBACK****THURSDAY****9-24** | **FABULOUS****FRIDAY****9-25** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Blueberries | Pineapple Chunks | Applesauce | Sliced Pears | Peaches |
| **Grains/Breads** | Muffins | Cheese Grits | Pancakes | Toast | Bagel |
| **Extras:** |  |  |  | Scrambled Egg | Cream Cheese |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Grilled Cheese | Beef StewAlt: Bean Stew | Beans and Rice | Corn DogsAlt: Black Bean Burrito | Fried Chicken DrumsticksAlt: Hard Boiled Egg |
| **Vegetable or Fruit** | Tomato Soup | Zucchini Squash Melody | Carrots | Sweet Potato Fries | Cole Slaw |
| **Vegetable or Fruit** | Strawberries | Banana | Mixed Fruit | Fresh Pears | Cinnamon Apples |
| **Grains/Breads** | Whole Wheat Bread | Dinner Roll | Rice | Saltine Crackers | Biscuit |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  | Milk |
| **Meat/Meat Alternate** |  | Hummus | Colby Jack Stick |  |  |
| **Vegetable/Fruit/Juice** | Pears |  |  | Cucumbers | Bananas |
| **Grains/Bread** | Goldfish | Pita | Oyster Crackers | Vanilla Wafers |  |
| **Extras:** |  |  |  |  | Cookies (Birthday Snack) |