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 Stew  Alt: Bean Stew | Beans and Rice | Corn Dogs  Alt: Black Bean Burrito | Fried Chicken Drumsticks  Alt: 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) |