August 31-Sept 4

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MEATLESS**  **MONDAY**  **8-31** | **TRADITIONAL**  **TUESDAY**  **9-1** | **MULTICULTURAL**  **WEDNESDAY**  **9-2** | **THROWBACK**  **THURSDAY**  **9-3** | **FABULOUS**  **FRIDAY**  **9-4** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Cereal | Apple/Bananas | Blueberries | Grapefruit | Banana |
| **Grains/Breads** | Cinnamon Raisin Bread | Muffins | Granola | Oatmeal | French Toast Sticks |
| **Extras:** |  |  | Yogurt |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Vegetable Chili | Cheeseburgers on Texas Toast  Alt: Veggie Cheese Burger | Fish Fillet  Alt: Cheese Cubes | Popcorn Chicken  Alt: Hard Boiled Egg | Build Your Own Ham and Cheese Sammie  Alt: Cheese Sandwich |
| **Vegetable or Fruit** |  | Potato Cubes | Green Peas | Green Beans | Cucumber Wedges |
| **Vegetable or Fruit** | Apples | Sliced Grapes | Pineapple Chunks | Mixed Fruit | Pineapple Tidbits |
| **Grains/Breads** | Corn Bread | Texas toast | Cheese Grits | Dinner Roll | Whole Wheat Bread |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  |  | Sun Butter |  | Yogurt |
| **Vegetable/Fruit/Juice** | Cheese Sticks | Applesauce | Celery | Orange Slices |  |
| **Grains/Bread** | Teddy Grahams | Soft Pretzel Stick |  | Saltine Crackers | Vanilla Wafers |
| **Extras:** |  |  | Raisins |  |  |