August 31-Sept 4

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 ToastAlt: Veggie Cheese Burger | Fish FilletAlt: Cheese Cubes | Popcorn ChickenAlt: Hard Boiled Egg | Build Your Own Ham and Cheese SammieAlt: 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 |  |  |