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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MEATLESS MONDAY****8/24** | **TUESDAY****8/25** | **WEDNESDAY****8/26** | **THURSDAY****8/27** | **FRIDAY****8/28** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Fresh Oranges  |  Applesauce  | Mixed fruit  | Diced Pears  | Fresh Apples |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Oatmeal  | Cheese Grits  | French Toast Sticks / Apple Muffins  | Cinnamon Raisin Bagels  |
| **Extras:** | Raisins |  | Syrup / Turkey Sausages  |  | Scrambled Eggs  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Grilled Cheese Sandwiches  | Fried Chicken Alt: Boiled Egg  | Black Beans  | Hot Dogs Alt: Mozzarella Cheese Sticks | Pizza  |
| **Vegetable or Fruit** | Broccoli Soup  | Baked Potatoes  | Carrots  | Green Beans  | Corn on the Cob  |
| **Vegetable or Fruit** | Apple Sauce  | Fruit Cocktail  | Crushed Pineapple  | Fresh Oranges  | Fresh Pears  |
| **Grains/Breads** | Whole Wheat Bread  |  Goldfish Bread  | Rice  | Whole Wheat Buns  | Graham Crackers  |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  |  | Mozzarella Cheese Sticks  |  | Milk/Water |
| **Vegetable/Fruit/Juice** | Apple Juice  | Grape Juice  |  | Yogurt  | Milk/Water  |
| **Grains/Bread** | Vanilla Wafers  | Raisin Bread  | Goldfish Crackers  | Cereal (Toasted Oats or Corn Flakes) | Teddy Grahams  |
| **Extras:** |  |  |  |  |  |