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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:** |  |  |  |  |  |