

	Child meal pattern food components:	MEATLESS MONDAY 10-12	TRADITIONAL TUESDAY 10-13	MULTICULTURAL WEDNESDAY 10-14	THROWBACK THURSDAY 10-15	FABULOUS FRIDAY 10-16
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Pears	Apple Sauce	Banana	Peaches	Whole Strawberries
	Grains/Breads	Biscuit	Cheese Toast	Oatmeal	Cereal	Waffles
	Extras:	Jelly	Sausage			
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mac N Cheese	Chicken Broccoli Rice Casserole Alt: Broccoli Rice Casserole	Ground Beef and Spanish Rice Alt: Black Beans and Spanish Rice	Cheese Pizza	BBQ Drumsticks Alt: Hard Boiled Egg
	Vegetable or Fruit	Mixed Veggies	Limas	Corn	Peas	Mashed Potatoes
	Vegetable or Fruit	Apricots	Peaches	Mixed Fruit	Pears	Hot Cinnamon Apples
	Grains/Breads	Crackers	Whole Wheat Bread	Spanish Rice	Pretzel Bread Stick	Texas Toast
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate	Cheese Sticks		Cheese Cubes	Vanilla Pudding	
	Vegetable/Fruit/Juice	Mixed Fruit	Carrots			Banana
	Grains/Bread		Chex Mix	Tortilla Chips	Graham Crackers	Animal Crackers
	Extras:			Salsa		