

	<b>Child meal pattern food components:</b>	<b>MEATLESS MONDAY 10-19</b>	<b>TRADITIONAL TUESDAY 10-20</b>	<b>MULTICULTURAL WEDNESDAY 10-21</b>	<b>THROWBACK THURSDAY 10-22</b>	<b>FABULOUS FRIDAY 10-23</b>
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Blueberries	Pineapple Chunks	Applesauce	Sliced Pears	Peaches
	<b>Grains/Breads</b>	Muffins	Cheese Grits	Pancakes	Toast	Bagel
	<b>Extras:</b>				Scrambled Egg	Cream Cheese
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Grilled Cheese	Beef Stew Alt: Bean Stew	Beans and Rice	Corn Dogs Alt: Black Bean Burrito	Fried Chicken Drumsticks Alt: Hard Boiled Egg
	<b>Vegetable or Fruit</b>	Tomato Soup	Zucchini Squash Melody	Carrots	Sweet Potato Fries	Cole Slaw
	<b>Vegetable or Fruit</b>	Strawberries	Banana	Mixed Fruit	Fresh Pears	Cinnamon Apples
	<b>Grains/Breads</b>	Whole Wheat Bread	Dinner Roll	Rice	Saltine Crackers	Biscuit
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					Milk
	<b>Meat/Meat Alternate</b>		Hummus	Colby Jack Stick		
	<b>Vegetable/Fruit/Juice</b>	Pears			Cucumbers	Bananas
	<b>Grains/Bread</b>	Goldfish	Pita	Oyster Crackers	Vanilla Wafers	
	<b>Extras:</b>					Cookies (Birthday Snack)