

|                         | <b>Child meal pattern food components:</b> | <b>MEATLESS MONDAY 10-26</b>                  | <b>TRADITIONAL TUESDAY 10-27</b>                 | <b>MULTICULTURAL WEDNESDAY 10-28</b> | <b>THROWBACK THURSDAY 10-29</b>         | <b>FABULOUS FRIDAY 10-30</b>                                 |
|-------------------------|--|---|--|--------------------------------------|---|--|
| <b>BREAKFAST</b>        | <b>Milk</b>                                | Milk  | Milk   | Milk                                 | Milk                                    | Milk   |
|                         | <b>Vegetable/Fruit/Juice</b>               | Chilled Cinnamon Apples                       | Orange Slices                                    | Blueberries                          | Banana                                  | Grapefruit   |
|                         | <b>Grains/Breads</b>                       | Cinnamon Raisin Bread                         | Breakfast Pig In A Blanket Stick<br>Alt: Waffles | Granola                              | Oatmeal                                 | French Toast Sticks  |
|                         | <b>Extras:</b>                             |   |  | Yogurt                               |   |  |
| <b>LUNCH</b>            | <b>Milk</b>                                | Milk  | Milk   | Milk                                 | Milk                                    | Milk   |
|                         | <b>Meat/Meat Alternate</b>                 | Veggie Chili                                  | Cheeseburgers<br>Alt: Veggie Burger              | Fish and Chips<br>Alt: Cheese Cubes  | Popcorn Chicken<br>Alt: Hard Boiled Egg | Build Your Own Ham and Cheese Sammie<br>Alt: Cheese Sandwich |
|                         | <b>Vegetable or Fruit</b>                  | Limas, carrots, beans, corn, green beans, etc | Tator Tots                                       | Mushy Peas                           | Green Beans                             | Cucumber Wedges  |
|                         | <b>Vegetable or Fruit</b>                  | Apples  | Sliced Grapes                                    | Homemade Chips                       | Mixed Fruit                             | Pineapple Tidbits  |
|                         | <b>Grains/Breads</b>                       | Corn Bread                                    | Bun  | Saltine Crackers                     | Dinner Roll                             | Whole Wheat Bread  |
|                         | <b>Extras:</b>                             |   |  |                                      |   |  |
| <b>SNACK (select 2)</b> | <b>Milk</b>                                |   |  |                                      |   |  |
|                         | <b>Meat/Meat Alternate</b>                 |   |  | Sun Butter                           |   | Yogurt   |
|                         | <b>Vegetable/Fruit/Juice</b>               | Cheese Sticks                                 | Applesauce                                       | Celery                               | Orange Slices                           |  |
|                         | <b>Grains/Bread</b>                        | Teddy Grahams                                 | Soft Pretzel                                     |                                      | Saltine Crackers                        | Vanilla Wafers   |
|                         | <b>Extras:</b>                             |   |  | Raisins                              |   |  |