

	Child meal pattern food components:	MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Raisins	Apple Sauce	Fruit Cocktail	Fresh Pineapple	Diced Pears
	Grains/Breads	Cereal (Toasted Oats or Corn Flakes)	Oatmeal	Biscuits	Cheese Grits	Toast
	Extras:	Raisins		Jelly		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Spaghetti with Sauce	Grilled Cheese Sandwiches	Fried Chicken/Baked Chicken/Chicken Nuggets Alt: Boiled Egg	Turkey Wrap Alt: Kidney Beans	Cheese Pizza
	Vegetable or Fruit	Carrots	Mixed Vegetables	Fresh Pineapple	Sweet Potatoes	Lima Beans
	Vegetable or Fruit	Apple Sauce	Fruit Cocktail	Baked Potato	Diced Pears	Fresh Corn
	Grains/Breads	Whole Wheat Rolls	Whole Wheat Bread	Goldfish Bread	Tortilla	Club Crackers
	Extras:					
	SNACK (select 2)	Milk				
	Meat/Meat Alternate	Mozzarella Cheese Sticks		Yogurt		
	Vegetable/Fruit/Juice		Grape Juice		Apple Juice	Sun Butter
	Grains/Bread	Animal Crackers	Goldfish	Granola	Teddy Grahams	Mini Pretzels

	Extras:					
--	----------------	--	--	--	--	--