November 30-December 4

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|  | **Child meal pattern food components:** | **MEATLESS****MONDAY****11-30** | **TRADITIONAL****TUESDAY****12-1** | **MULTICULTURAL****WEDNESDAY****12-2** | **THROWBACK****THURSDAY****12-3** | **FABULOUS****FRIDAY****12-4** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Orange Slice | Peaches | Applesauce | Mandarin Oranges | Pineapple Tidbits |
| **Grains/Breads** | Cereal  | French Toast Sticks | Texas Toast | Assorted Muffins | Bagel |
| **Extras:** |  |  | Bacon |  | Cream Cheese |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Assorted CasserolesALT: Vegetarian assorted casseroles | Spaghetti & Meatballs Alt: Cheesy Pasta and tomato sauce  | Teriyaki ChickenAlt: Egg Salad | Turkey Hot DogsAlt: Veggie Burger | Scalloped Potatoes and HamAlt: Kidney Beans |
| **Vegetable or Fruit** | Mixed Vegetables | Green Beans | Broccoli | Baked Beans | Peas |
| **Vegetable or Fruit** | Mixed Fruit | Sliced Pears | Pineapple Chunks | Watermelon | Cantaloupe |
| **Grains/Breads** | Assorted Breads | Pasta | Brown Rice | Bun | Breadstick |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Pears |  |  | Cheese Cubes |  |
| **Vegetable/Fruit/Juice** |  | Raisins | Sliced Apples |  | Applesauce |
| **Grains/Bread** | Goldfish | Cheerios | Oyster Crackers | Club Crackers | Raisin Bread |
| **Extras:** |  |  |  |  |  |