|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **11/30** | **TUESDAY**  **12/1** | **WEDNESDAY**  **12/2** | **THURSDAY**  **12/3** | **FRIDAY**  **12/4** |
|  | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Raisins | Diced Pears | Honeydew | Fruit Cocktail | Sliced Pineapple |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Biscuits | Cheese Grits | Oatmeal | Toast |
| **Extras:** |  | Jelly |  |  | Jelly |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk |  |
| **Meat/Meat Alternate** | Baked Spaghetti with Extra Cheese | Black Beans | Chili  Alt: Vegetarian Chili | Fish Sticks  Alt: Mozzarella Cheese Sticks | Cheese Pizza |
| **Vegetable or Fruit** | Cut Green Beans | Sliced Carrots | Kidney Beans | Lima Beans | French Fries |
| **Vegetable or Fruit** | Diced Pears | Honeydew | Fruit Cocktail | Sliced Pineapple | Fresh Pears |
| **Grains/Breads** | Saltine Crackers | Rice | Rice | Saltine Crackers |  |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Sun Butter | Yogurt | Hummus |  | Mozzarella Cheese Stick |
| **Vegetable/Fruit/Juice** |  |  |  | Honeydew |  |
| **Grains/Bread** | Oyster Crackers | Granola | Goldfish Bread | Graham Crackers | Vanilla Wafers |
| **Extras:** |  |  |  |  |  |