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| --- | --- | --- | --- | --- | --- | --- |
|  | **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  | ChiliAlt: 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:** |  |  |  |  |  |