Feb 8-12

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|  | **Child meal pattern food components:** | **MONDAY****2-8** | **TUESDAY****2-9** | **WEDNESDAY****2-10** | **THURSDAY****2-11** | **FRIDAY****2-12** |
| **BREAKFAST** | **Milk** |  |  |  |  |  |
| **Vegetable/Fruit/Juice** | Pears | Raisins | Mixed Fruit | Blueberries | Strawberries |
| **Grains/Breads** | Raisin Bread | Cereal | Cheese Grits | Granola | Assorted Bagel |
| **Extras:** |  |  |  | Vanilla Yogurt | Cream Cheese |
| **LUNCH** | **Milk** | Milk  | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Lentil Soup | Teriyaki ChickenALT: Egg Salad | Leftover DayAssorted Casseroles, soups and stews  | Turkey HotdogsALT: Black bean Burrito | Ground Beef and Spanish RiceALT: Black Beans and Spanish Rice  |
| **Vegetable or Fruit** | Mixed Veggies | Broccoli | Mixed Veggies | Vegetarian Baked beans | Corn  |
| **Vegetable or Fruit** | Mandarin Oranges | Pineapple | Peaches | Sliced Apples | Mixed Fruit |
| **Grains/Breads** | Garlic Bread  | Brown Rice | Texas Toast | Bun | Rice |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Hummus  |  | Cheese Stick |  | Sun butter |
| **Vegetable/Fruit/Juice** |  | Banana  |  | Broccoli Florets | Apples |
| **Grains/Bread** | Club crackers | Rice Cakes | Oyster Crackers | Saltines |  |
| **Extras:** |  |  |  | Ranch |  |