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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **6/20** | **TUESDAY**  **6/21** | **WEDNESDAY**  **6/22** | **THURSDAY**  **6/23** | **FRIDAY**  **6/24** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Raisins | Fresh Strawberries | Fresh Apples | Diced Pears | Fruit Cocktail |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Waffles | Blueberry Muffins | Biscuits | French Toast Sticks |
| **Extras:** |  |  |  | Jelly / Eggs | Syrup |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Fish Sticks  Alt: Boiled Egg | Spaghetti and meatballs  Alt: Tofu Spaghetti | Lentil Soup | Marconi and Cheese | Fried Chicken  Alt: Yogurt  ( VPK classes will be eating at Lake Alice) |
| **Vegetable or Fruit** | Watermelon | Fruit Cocktail | Sliced Pineapple | Fruit Cocktail | Bananas |
| **Vegetable or Fruit** | Mixed Vegetables | Green Beans | Broccoli | Sweet Potatoes | Mashed Potatoes |
| **Grains/Breads** | Club Crackers | Whole Wheat Bread | Rice | Saltine Crackers | Rice |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Sun Butter |  |  | Mozzarella Cheese Sticks |
| **Vegetable/Fruit/Juice** | Honeydew |  | Grape Juice | Honeydew |  |
| **Grains/Bread** | Goldfish | Mini Pretzels | Oyster Crackers | Raisin Bread | Club Crackers |
| **Extras:** |  |  |  |  |  |