|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 SticksAlt: Boiled Egg  |  Spaghetti and meatballsAlt: 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:** |  |  |  |  |  |