June 20-24

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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** | Strawberries | Banana  | Waffles  | Strawberries  | Sliced Peaches  |
| **Grains/Breads** | Cereal  | Oatmeal  | Mixed Berries  | Yogurt | French Toast Sticks |
| **Extras:** |  |  | Syrup |  | Syrup |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Egg and Cheese Bake | Spaghetti and MeatballsALT: Spaghetti with Vegetarian sauce |  Black Beans and Rice  | Salisbury Steak Alt: Boiled Egg | Baked ChickenALT: Vegetarian Baked Beans |
| **Vegetable or Fruit** | Cubed baked potatoes | Green Beans  | Carrots | Mashed Potatoes  | Broccoli  |
| **Vegetable or Fruit** | Slice Pears | Fresh Apples | Honey Dew | Sliced Peaches  | Mixed Fruit |
| **Grains/Breads** | Raisin Bread  | Pasta  | Rice | Whole Wheat Roll | Wheat Roll |
| **Extras:** |  |  |  | **Gravy** |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Yogurt  |  |  | Mozzarella Cheese Sticks |  |
| **Vegetable/Fruit/Juice** |  | Carrot Sticks | Banana |  | Applesauce  |
| **Grains/Bread** | Graham Crackers | Soft Pretzel | Goldfish | Vanilla Wafers  | Chewy Granola Bars  |
| **Extras:** |  |  |  |  |  |