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 Meatballs  ALT: Spaghetti with Vegetarian sauce | Black Beans and Rice | Salisbury Steak  Alt: Boiled Egg | Baked Chicken  ALT: 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:** |  |  |  |  |  |