July 25-29

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **7-25** | **TUESDAY**  **7-26** | **WEDNESDAY**  **7-27** | **THURSDAY**  **7-28** | **FRIDAY**  **7-29** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Banana | Fresh Blueberries | Sliced Peaches | Mandarin Oranges | Applesauce |
| **Grains/Breads** | Raisin Bread |  | Waffles | Cereal (Toasted Oats) | Assorted Muffins |
| **Meat/Meat Alternate** |  | Vanilla Yogurt |  |  |  |
|  | **Extras:** |  |  | Syrup |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Macaroni and Cheese | Hamburger on a whole wheat Bun  ALT: Veggie Burger on a whole Wheat Bun | Scrambled eggs with Cheese Casserole | BBQ chicken Sliders  ALT: BBQ Tofu Sliders | Spaghetti and Meatballs  ALT: Spaghetti w/ cheese & Vegetarian sauce |
| **Vegetable or Fruit** | Green Peas | Lima Beans | Roasted Potatoes | Squash | Cauliflower |
| **Vegetable or Fruit** | Sliced Pears | Pineapple Tidbits | Fresh Apples | Watermelon | Honey Dew |
| **Grains/Breads** | Pasta | Whole Wheat Bun | Whole Wheat Toast | Slider Buns | Pasta |
| **Extras:** |  |  | **Jelly** |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Sun Butter |  | Cheddar Cheese Cubes | Fruit Yogurt | Sliced Peaches |
| **Vegetable/Fruit/Juice** |  | Applesauce |  |  |  |
| **Grains/Bread** | Club Crackers | Goldfish Crackers | Pretzel Twist | Graham Crackers | Sun chips |
| **Extras:** |  |  |  |  |  |