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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** | Raisins | Fruit Cocktail | Diced Pears | Oatmeal | Honeydew |
| **Grains/Breads** | Cereal (Toasted Oats or Corn Flakes) | Blue Berries | Biscuits | Sliced Pineapple | Toast |
| **Extras:** |  |  |  |  | Eggs |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Baked Spaghetti with Meatballs  Alt: Tofu | Fish / Mini Corn Dogs | Black Beans | Nuggets / Hot Dogs  Alt: Eggs | Cheese Nachos |
| **Vegetable or Fruit** | Broccoli | Sweet Potato Fries | Carrots | Scalloped Potatoes | Kidney Beans |
| **Vegetable or Fruit** | Fruit Cocktail | Diced Pears | Pineapple | Watermelon | Fresh Apples |
| **Grains/Breads** | Whole Wheat Rolls | Saltine Crackers | Rice | Whole Wheat Buns / Graham Crackers | Nachos |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  | Milk |  |
| **Meat/Meat Alternate** | Mozzarella Cheese Sticks | Sun Butter |  |  | Yogurt |
| **Vegetable/Fruit/Juice** |  |  | Fresh Oranges | Fresh Apples |  |
| **Grains/Bread** | Vanilla Wafers | Graham Crackers | Goldfish Crackers | Animal Crackers | Cereal (Toasted Oats or Corn Flakes) |
| **Extras:** |  |  |  |  |  |