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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:** |  |  |  |  |  |