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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **8/29** | **TUESDAY**  **8/30** | **WEDNESDAY**  **8/31** | **THURSDAY**  **9/1** | **FRIDAY**  **9/2** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Fresh Pear Halves | Fresh Apple Slices | Dried Cranberries | Honeydew / Cantaloupe | (Leftover) Mixed Fruit |
| **Grains/Breads** | Mixed Fruit Yogurt | Scrambled Eggs | Biscuits | Turkey Sausage | Blueberry Pancake |
| **Extras:** |  |  | Jelly | Whole Wheat Toast | Syrup |
| **LUNCH** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Latin black beans and rice | Cream Chicken  ALT: Yogurt | Cheese tortellini w/ Red sauce | Turkey Sandwiches  ALT: Egg Salad Sandwiches | Oven Roasted Chicken  ALT: Garbanzo Beans |
| **Vegetable or Fruit** | Carrots | Steamed Broccoli | Green peas | Zucchini | Squash |
| **Vegetable or Fruit** | Applesauce | Fruit Cocktail / Diced Pears | Honeydew | Sliced Pineapple | Mandarin Oranges |
| **Grains/Breads** | White rice | Wild Rice Medley | Garlic toast | Whole Wheat Bread | Dinner Roll |
| **Extras:** | Vanilla Pudding |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  | Milk |  |  |
| **Meat/Meat Alternate** |  |  |  | Peach Yogurt |  |
| **Vegetable/Fruit/Juice** | Orange Wedges | Colby Jack Cheese Stick | Strawberries | Diced Pears | Grapes |
| **Grains/Bread** | Chewy Granola Bars | Saltine Crackers | Cheerios |  | Teddy Grahams |
| **Extras:** |  |  |  |  |  |