|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****8/22** | **TUESDAY****8/23** | **WEDNESDAY****8/24** | **THURSDAY****8/25** | **FRIDAY****8/26** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Applesauce  | Fresh Blueberries | Fresh Strawberries | Fresh Cantaloupe | Bananas  |
| **Grains/Breads** | Cereal ( Toasted Oats)  |  | Waffles | Raisin Bread  | Assorted Muffins |
| **Meat/Meat Alternate** |  | Vanilla Yogurt |  |  |  |
|  | **Extras:** |  | Jelly | Syrup |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** |  Macaroni and Cheese | Hamburger on a whole wheat BunALT: Veggie Burger on a whole Wheat Bun |  Scrambled Eggs with Cheese Casserole  | BBQ chicken SlidersALT: BBQ Tofu Sliders  | Spaghetti and MeatballsALT: Spaghetti w/ cheese & Vegetarian sauce |
| **Vegetable or Fruit** | Green Peas | Cooked Carrots | Roasted Potatoes | Squash | Cauliflower  |
| **Vegetable or Fruit** | Watermelon  | Pineapple rings | Fresh Apples | Fresh Pears  | 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 | Sunchips |
| **Extras:** |  |  |  |  |  |