|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY****9/26** | **TUESDAY****9/27** | **WEDNESDAY****9/28** | **THURSDAY****9/29** | **FRIDAY****9/30** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Diced Pears  | Fresh Apple Slices | Diced Peaches | Fresh Melon | Mixed Fruit |
| **Grains/Breads** | Mixed Fruit Yogurt | Scrambled Eggs  | Biscuits | Whole Wheat Toast  | Blueberry Pancake |
| **Extras:** |  |  | Jelly | Sausage Patties | Syrup  |
| **LUNCH** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Latin black beans and rice | Popcorn ChickenALT: Greek Yogurt | Cheese tortellini w/ Red sauce | Turkey SandwichesALT: Egg Salad Sandwiches  | Oven Roasted ChickenALT: Garbanzo Beans |
| **Vegetable or Fruit** | Zucchini  | Steamed Broccoli | Green peas | Fresh Cut Carrots  | Squash |
| **Vegetable or Fruit** | Applesauce | Fruit Cocktail  | Pears | Bananas  | Mandarin Oranges |
| **Grains/Breads** | White rice | Wild Rice Medley | Garlic toast | Whole Wheat Bread | Dinner Roll |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  | Milk |  |  |
| **Meat/Meat Alternate** |  |  |  | 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:** |  |  |  |  |  |