|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 Chicken  ALT: Greek Yogurt | Cheese tortellini w/ Red sauce | Turkey Sandwiches  ALT: Egg Salad Sandwiches | Oven Roasted Chicken  ALT: 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:** |  |  |  |  |  |