**September 26-30**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **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** | Fresh Pear Halves | Fresh Apple Slices | Diced & Sliced Peaches | Fresh Honey dew Melon | Blueberries |
| **Grains/Breads** | Vanilla Yogurt | Scrambled Egg | Biscuits | \*Cereal | Sausage Patty |
| **Extras:** | Granola |  | Jelly |  | ½ English muffin |
| **LUNCH** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** | Latin black beans and rice | Popcorn Chicken  ALT: Greek Yogurt | Cheese Ravioli w/ Red sauce | Turkey Sandwiches  ALT: Egg Salad Sandwiches | Oven Roasted Chicken  ALT: Garbanzo Beans |
| **Vegetable or Fruit** | Zucchini | Steamed Broccoli | Green peas | Lima beans | Squash |
| **Vegetable or Fruit** | Applesauce | Fruit Cocktail | Sliced Pears | Bananas | Mandarin Oranges |
| **Grains/Breads** | White rice | Wild Rice Medley | Whole Grain Texas Toast | Whole Wheat Bread | Whole Wheat honey wheat roll |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  |  | Milk |  |
| **Meat/Meat Alternate** |  |  | Yogurt |  |  |
| **Vegetable/Fruit/Juice** | Orange Wedges | Colby Jack Cheese Stick | Diced Pears |  | Grapes |
| **Grains/Bread** | Chewy Granola Bars | Whole Wheat Saltine Crackers |  | Cheerios | Whole Grain Graham Crackers |
| **Extras:** |  |  |  |  |  |

\*Toasted Oats, Cheerios, Rice Crisps’