**October 24-28**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Child meal pattern food components:** | **MONDAY**  **10-24** | **TUESDAY**  **10-25** | **WEDNESDAY**  **10-26** | **THURSDAY**  **10-27** | **FRIDAY**  **10-28** |
| **BREAKFAST** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable/Fruit/Juice** | Fresh Pear Halves | Fresh Apple Slices | Diced Peaches | Fresh Melon | Blueberries |
| **Grains/Breads** | Cheese Toast | Scrambled Eggs and Cheese | Biscuits | French Toast Sticks | Sausage Patties |
| **Extras:** |  |  | Jelly | Syrup | Whole Wheat Toast |
| **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 | Dinner Roll |
| **Extras:** |  |  |  |  |  |
| **SNACK  (select 2)** | **Milk** |  |  | Milk |  |  |
| **Meat/Meat Alternate** |  |  |  | Yogurt | Colby Jack Cheese Stick |
| **Vegetable/Fruit/Juice** | Orange Wedges | Diced Pears |  |  | Grapes |
| **Grains/Bread** | Soft Pretzel | Whole Grain Cheez-It | Cheerios | Wheat Cracker |  |
| **Extras:** |  |  |  |  |  |

\*Toasted Oats, Cheerios, Rice Crisps’