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|  | **Child meal pattern food components:** | **MONDAY****12/5** | **TUESDAY****12/6** | **WEDNESDAY****12/7** | **THURSDAY****12/8** | **FRIDAY****12/9** |
| **BREAKFAST** | **Milk** | Milk | Milk  | Milk | Milk  | Milk |
| **Vegetable/Fruit/Juice** | Apple Sauce  | Banana | Fresh melon | Warm cinnamon apples | Mixed fruit |
| **Grains/Breads** | Cheese toast on whole wheat | Oatmeal  | Biscuits  | Cereal | Cheese grits |
| **Extras:** |  |  | Jelly |  |  |
| **LUNCH** | **Milk** | Milk | Milk | Milk  | Milk  | Milk  |
| **Meat/Meat Alternate** | Macaroni and Cheese  | Spaghetti with Meatballs Alt: Spaghetti with extra cheese | Sheppard’s pie ALT: Vegetable Pie w/cheese | Vegetable Chili with Kidney beans | Black bean burger |
| **Vegetable or Fruit** | Fresh carrots | Cauliflower | Green beans | Green Peas  | Mixed veggies |
| **Vegetable or Fruit** | Honey dew | Banana  | Mandarin oranges | Sliced Pineapple  | Apples  |
| **Grains/Breads** | Saltine Crackers Whole Wheat  | Pasta  | Whole Wheat Rolls  | Cornbread Muffin | Whole wheat bun |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  |  |
| **Meat/Meat Alternate** |  | Cheese cubes | Cheese Cubes |  |  |
| **Vegetable/Fruit/Juice** | Oranges |  |  | Fresh Apple | Diced Peaches  |
| **Grains/Bread** | Sliced Raisin Bread  | Breadstick | Homemade pita chips | Homemade Chex mix (goldfish, pretzel sticks,etc) | Pretzels  |
| **Extras:** |  |  | Salsa |  |  |