|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |  |