December 5-9

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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** | Mixed fruit | Sliced Pears | Fresh Orange Slices | Sliced apples | Apple sauce |
| **Grains/Breads** | \*Cereal  | Biscuits | Plain Bagel | Banana Bread | English muffins |
| **Extras:** |  | Jelly | Cream Cheese  |  | Bacon |
| **LUNCH** | **Milk** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternate** | Red beans and Rice | Chicken quesadillaALT: Cheese quesadilla | Cheese Pizza | Popcorn ChickenALT: Kidney Beans  | Salisbury Steak with Gravy ALT: Veggie Burger |
| **Vegetable or Fruit** | Broccoli Florets  | Corn | Green beans | Mixed veggies | Mashed Potatoes |
| **Vegetable or Fruit** | Fresh Orange Slices | Peaches  | Bananas | Mixed Fruit | Honeydew |
| **Grains/Breads** | Rice | Tortilla |  | Rice Medley | Oyster Cracker |
| **Extras:** |  |  |  |  |  |
| **SNACK (select 2)** | **Milk** |  |  |  |  | Milk |
| **Meat/Meat Alternate** |  |  |  |  |  |
| **Vegetable/Fruit/Juice** | Diced Apples | Carrots | Grapes | Diced Pears | Strawberries |
| **Grains/Bread** | Pretzel Twist | Whole Wheat Club Crackers | Granola bar | Pumpkin muffins | Wheat Thins |
| **Extras:** |  | Ranch |  |  |  |

\*Toasted Oats, Cheerios, Rice Krispies