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 quesadilla  ALT: Cheese quesadilla | Cheese Pizza | Popcorn Chicken  ALT: 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