

	<b>Child meal pattern food components:</b>	<b>MONDAY 9/21</b>	<b>TUESDAY 9/22</b>	<b>WEDNESDAY 9/23</b>	<b>THURSDAY 9/24</b>	<b>FRIDAY 9/25</b>
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Raisins	Vanilla Yogurt	Fresh Oranges	Fruit Cocktail	Apple Juice
	<b>Grains/Breads</b>	Cereal (Toasted Oats or Corn Flakes)	Granola	Waffles	Pancakes	Biscuits
	<b>Extras:</b>		Fruit cocktail	Syrup	Syrup / Turkey Links	Gravy
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Baked Potato	Chicken Parmesan	Loaded Nachos with Turkey Meat Alt: Nachos with Kidney Beans	Quinoa	Black Bean Burgers
	<b>Vegetable or Fruit</b>	Broccoli	Tomato Sauce	Lettuce	Sweet Potatoes	French Fries
	<b>Vegetable or Fruit</b>	Applesauce	Fresh Oranges	Fruit Cocktail	Fresh Apples	Fresh Pineapple
	<b>Grains/Breads</b>	Club Crackers	spaghetti noodles	Nacho Chips	Oyster Crackers	Whole Wheat Buns
	<b>Extras:</b>	Cheese	Whole Wheat Rolls			
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>		Mozzarella Cheese Sticks		Yogurt	
	<b>Vegetable/Fruit/Juice</b>	Apple Juice		Grape Juice		Fresh Apples
	<b>Grains/Bread</b>	Goldfish	Graham Crackers	Mini Pretzels	Teddy Grahams	Raisin Bread
	<b>Extras:</b>					