

	Child meal pattern food components:	MONDAY 2/20	TUESDAY 2/21	WEDNESDAY 2/22	THURSDAY 2/23	FRIDAY 2/24
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fresh Pear Halves	Fresh Apple Slices	Diced Peaches	Fresh Melon	Mixed Fruit
	Grains/Breads	Mixed Fruit Yogurt	Scrambled Eggs	Biscuits	Sausage Patties	Blueberry Pancake
	Extras:			Jelly	Whole Wheat Toast	Syrup
LUNCH	Milk					
	Meat/Meat Alternate	Cheese Sandwiches	Popcorn Chicken ALT: Greek Yogurt	Cheese tortellini w/ Red sauce	Turkey Sandwiches ALT: Egg Salad Sandwiches	Oven Roasted Chicken ALT: Garbanzo Beans
	Vegetable or Fruit	Zucchini	Steamed Broccoli	Green peas	Fresh Cut Carrots	Squash
	Vegetable or Fruit	Applesauce	Fruit Cocktail	Pears	Bananas	Mandarin Oranges
	Grains/Breads	Whole Wheat Bread	Wild Rice Medley	Garlic toast	Whole Wheat Bread	Dinner Roll
	Extras:					
SNACK (select 2)	Milk			Milk		
	Meat/Meat Alternate				Yogurt	
	Vegetable/Fruit/Juice	Orange Wedges	Colby Jack Cheese Stick	Strawberries	Diced Pears	Grapes
	Grains/Bread	Chewy Granola Bars	Saltine Crackers	Cheerios		Teddy Grahams
	Extras:					