

	Child meal pattern food components:	MONDAY 3-27	TUESDAY 3-28	WEDNESDAY 3-29	THURSDAY 3-30	FRIDAY 3-31
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Fresh Strawberries	Fruit Cocktail	Fresh Apples	Apricots	Fresh Mixed Fruits
	<b>Grains/Breads</b>	Cereal *	Oatmeal	Bagels	Biscuits	Cheese Toast
	<b>Extras:</b>			Cream Cheese	Jelly	
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Cheese Pizza	Deconstructed Ground Turkey Tacos ALT :Deconstructed Black Bean Tacos	Egg Fried Rice ALT: Red Bean Fried Rice	Chicken Alfredo ALT: Chickpea Alfredo	Pork Tenderloin ALT: Boiled Egg
	<b>Vegetable or Fruit</b>	Green Peas	Shredded Lettuce and Tomato Medley ALT for infant Room: Mixed veggies	Lima Beans	Broccoli	Squash
	<b>Vegetable or Fruit</b>	Diced Pears	Fresh Oranges	Pineapple Chunks	Watermelon	Applesauce
	<b>Grains/Breads</b>	Pizza Crust	Tortilla	Whole Grain Rice	Whole Wheat Penne	Whole Wheat Crackers
	<b>Extras:</b>		Shredded Cheese			
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>				Cheese Stick	Hummus
	<b>Vegetable/Fruit/Juice</b>	Cantaloupe Chunks	Raisins	Sliced Peaches		Mixed fruit
	<b>Grains/Bread</b>	Wheat Thins	Whole Grain Cheese – Its	Homemade Chex Mix	Saltine Crackers	Pita Chips
	<b>Extras:</b>					