

	Child meal pattern food components:	MONDAY 3/27	TUESDAY 3/28	WEDNESDAY 3/29	THURSDAY 3/30	FRIDAY 3/31
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Sliced Peaches	Banana	Honeydew	Warm cinnamon apples	Mixed fruit
	Grains/Breads	Cheese toast on whole wheat	Oatmeal	Pancake	Cereal	Cheese grits
	Extras:			Syrup		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Ziti ALT: Baked Ziti with extra cheese	Pork Tenderloin ALT: Tofu	Turkey Burger ALT: Black Bean Burger	Macaroni and Cheese	Cheese Pizza
	Vegetable or Fruit	Fresh carrots	Broccoli	Green beans	Lima Beans	Mixed veggies
	Vegetable or Fruit	Banana	Fresh apple slices	Mandarin oranges	Sliced Tidbits	Banana
	Grains/Breads	Whole Wheat Rolls	Wild Rice	Whole Wheat Buns	Corn Muffin	Graham Crackers
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Cheese cubes			
	Vegetable/Fruit/Juice	Honeydew		Diced Pears	Fresh Apple	Diced Peaches
	Grains/Bread	Sliced Raisin Bread	Breadstick	Pretzels	Homemade Chex mix (goldfish, pretzel sticks,etc)	Apple Muffins
	Extras:			Salsa		