

	Child meal pattern food components:	MONDAY 4-17	TUESDAY 4-18	WEDNESDAY 4-19	THURSDAY 4-20	FRIDAY 4-21
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fresh Strawberries	Fresh Honey Dew	Raspberries	Fresh Orange Slices	Fresh Blueberries
	Grains/Breads	French Toast Sticks	English Muffin	Oatmeal	Cereal*	Waffles
	Extras:	Syrup	Jelly			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Popcorn Chicken ALT: Veggie Burger	Latin Black Beans and Rice	Chicken Alfredo Alt: Chickpea Alfredo	Deconstructed Beef Tacos ALT: Deconstructed Bean Tacos	Cheese Pizza
	Vegetable or Fruit	Steamed Broccoli	Mixed Veggies	Green peas	Lettuce and Tomatoes	Carrots
	Vegetable or Fruit	Fruit Cocktail	Apple Sauce	Diced Peaches	Mandarin Oranges	Tropical Fruit
	Grains/Breads	Hawaiian Roll	White Rice	Whole Wheat Pasta	Whole Wheat Tortilla	Oyster Crackers
	Extras:				Cheese	
SNACK (select 2)	Milk				Milk	
	Meat/Meat Alternate		Cheese Cubes	Fresh Apples		Vanilla Yogurt
	Vegetable/Fruit/Juice	Fresh Pears			Banana	
	Grains/Bread	Pita Chips	Whole Grain club crackers	Assorted Muffins		Cheddar Goldfish
	Extras:				Birthday Snack: Ice Cream Sandwiches	