

	Child meal pattern food components:	MONDAY 4/17	TUESDAY 4/18	WEDNESDAY 4/19	THURSDAY 4/20	FABULOUS 4/21
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Quiche	Fresh Strawberries	Fresh Sliced Apples	Banana	Applesauce
	Grains/Breads	Sliced Pineapple	Waffles	Oatmeal	Blueberry Muffins	Pancakes
	Extras:					Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Chicken Nuggets Alt: Boiled Egg	Pork Tenderloin Alt: Tofu	Hamburger ALT: Black Bean Burger	Grilled Cheese	Spaghetti with Meat Sauce Alt: Spaghetti with extra cheese
	Vegetable or Fruit	Mashed Potatoes	Vegetable Medley	Baked Potatoes	Corn	Mixed Vegetables
	Vegetable or Fruit	Fresh Oranges	Grapes	Fresh Cantaloupe	Diced Pears	Fruit Salad
	Grains/Breads	Whole Wheat Rolls	Medley Rice	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Crackers
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate					Cheese Cubes
	Vegetable/Fruit/Juice	Diced Pineapple	Peach or Strawberry Yogurt	Raisins	Carrots Sticks	
	Grains/Bread	Goldfish	Sun chips	Soft Pretzels	Saltine Crackers	Club Crackers
	Extras:					