

|                             | Child meal pattern food components: | MONDAY<br>5/8       | TUESDAY<br>5/9                         | WEDNESDAY<br>5/10                 | THURSDAY<br>5/11                           | FRIDAY<br>5/12                                 |
|-----------------------------|-------------------------------------|---------------------|--|-----------------------------------|--|--|
| <b>BREAKFAST</b>            | <b>Milk</b>                         | Milk                | Milk                                   | Milk                              | Milk                                       | Milk   |
|                             | <b>Vegetable/Fruit/Juice</b>        | Fresh Oranges       | Fresh Blueberries                      | Fruit Cocktail                    | Fresh Pears                                | Fresh Mixed Berries                            |
|                             | <b>Grains/Breads</b>                | Cereal *            | Whole Wheat Toast                      | Homemade banana bread             | Cheese Toast                               | English Muffins                                |
|                             | <b>Extras:</b>                      |                     | Scrambled Eggs                         |                                   |  | Bacon  |
| <b>LUNCH</b>                | <b>Milk</b>                         | Milk                | Milk                                   | Milk                              | Milk                                       | Milk   |
|                             | <b>Meat/Meat Alternate</b>          | Macaroni and Cheese | Chicken Stir-Fry<br>ALT: Tofu Stir Fry | Baked Ham<br>ALT: Cheese Sandwich | Cheese Quesadilla w/<br>peppers and onions | Spaghetti & Meatballs<br>ALT: Cheesy Spaghetti |
|                             | <b>Vegetable or Fruit</b>           | Zucchini            | Yellow Squash                          | Yam Patties                       | Green Peas                                 | Green Beans                                    |
|                             | <b>Vegetable or Fruit</b>           | Sliced Peaches      | Apricot Squash                         | Fruit Cocktail                    | Sliced Pineapples                          | Applesauce                                     |
|                             | <b>Grains/Breads</b>                | Pasta               | Whole Grain Rice                       | Whole Wheat Roll                  | Whole Wheat Tortillas                      | Whole Wheat Spaghetti                          |
|                             | <b>Extras:</b>                      |                     |  |                                   |  |  |
| <b>SNACK<br/>(select 2)</b> | <b>Milk</b>                         |                     |  |                                   |  | Milk   |
|                             | <b>Meat/Meat Alternate</b>          |                     | Cheese Stick                           |                                   |  |  |
|                             | <b>Vegetable/Fruit/Juice</b>        | Applesauce          |  | Fresh Strawberries                | Sliced Peaches                             | Fresh Oranges                                  |
|                             | <b>Grains/Bread</b>                 | Variety Muffins     | Goldfish Crackers                      | Soft Pretzels / Muffins           | Oyster Crackers                            | Whole Wheat Bread                              |
|                             | <b>Extras:</b>                      |                     |  |                                   |  |  |