

	Child meal pattern food components:	MONDAY 5-8	TUESDAY 5-9	WEDNESDAY 5-10	THURSDAY 5-11	FRIDAY 5-12
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fresh Oranges	Fresh Blueberries	Fruit Cocktail	Fresh Pears	Fresh Mixed Berries
	Grains/Breads	Cereal *	Whole Wheat Toast	Homemade banana bread	Cheese Toast	English Muffins
	Extras:		Scrambled Eggs			Bacon
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Macaroni and Cheese	Chicken Stir-Fry ALT: Tofu Stir Fry	Baked Ham ALT: Cheese Sandwich	Cheese Quesadilla w/ peppers and onions	Spaghetti & Meatballs ALT: Cheesy Spaghetti
	Vegetable or Fruit	Lima Beans	Stir Fry Vegetables	Yam Patties	Green Peas	Green Beans
	Vegetable or Fruit	Sliced Pears	Mandarin Oranges	Pineapple Slices	Diced Apples	Bananas
	Grains/Breads	Pasta	Whole Grain Rice	Whole Wheat Roll	Whole Wheat Tortillas	Whole Wheat Spaghetti
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate		Cheese Stick			
	Vegetable/Fruit/Juice	Applesauce		Fresh Strawberries	Sliced Peaches	Fresh Oranges
	Grains/Bread	Whole Wheat Tortilla Chips	Pretzel Sticks	Goldfish	Oyster Crackers	
	Extras:					Birthday Snack- Ice cream cone