

|                             | Child meal pattern food components: | MONDAY<br>4-22                     | TUESDAY<br>4-23  | WEDNESDAY<br>4-24                          | THURSDAY<br>4-25                         | FRIDAY<br>4-26     |
|-----------------------------|-------------------------------------|------------------------------------|--|--|--|--------------------|
| <b>BREAKFAST</b>            | <b>Milk</b>                         | Milk                               | Milk   | Milk                                       | Milk                                     | Milk               |
|                             | <b>Vegetable/Fruit/Juice</b>        | Fresh Strawberries                 | Fruit Cocktail   | Fresh Apples                               | Diced Pears                              | Fresh Mixed Fruits |
|                             | <b>Grains/Breads</b>                | Cereal *                           | Oatmeal  | Bagels                                     | Cheese Toast                             | Blueberry Muffins  |
|                             | <b>Extras:</b>                      |                                    |  | Cream Cheese                               |  |                    |
| <b>LUNCH</b>                | <b>Milk</b>                         | Milk                               | Milk   | Milk                                       | Milk                                     | Milk               |
|                             | <b>Meat/Meat Alternate</b>          | Pork Tenderloin<br>ALT: Boiled Egg | Deconstructed Ground Turkey Tacos<br>ALT :Deconstructed Black Bean Tacos | Egg Fried Rice<br>ALT: Red Bean Fried Rice | Chicken Alfredo<br>ALT: Chickpea Alfredo | Cheese Pizza       |
|                             | <b>Vegetable or Fruit</b>           | Squash                             | Shredded Lettuce and Tomato Medley<br>ALT for infant Room: Mixed veggies | Lima Beans                                 | Broccoli                                 | Green Peas         |
|                             | <b>Vegetable or Fruit</b>           | Applesauce                         | Fresh Oranges  | Pineapple Chunks                           | Watermelon                               | Diced Apples       |
|                             | <b>Grains/Breads</b>                | Whole Wheat Crackers               | Tortilla   | Whole Grain Rice                           | Whole Wheat Penne                        | Pizza Crust        |
|                             | <b>Extras:</b>                      |                                    | Shredded Cheese  |  |  |                    |
| <b>SNACK<br/>(select 2)</b> | <b>Milk</b>                         |                                    |  |  |  |                    |
|                             | <b>Meat/Meat Alternate</b>          |                                    |  |  | Cheese Stick                             | Hummus             |
|                             | <b>Vegetable/Fruit/Juice</b>        | Cantaloupe Chunks                  | Raisins  | Sliced Peaches                             |  |                    |
|                             | <b>Grains/Bread</b>                 | Wheat Thins                        | Whole Grain Cheese – Its   | Homemade Chex Mix                          | Saltine Crackers                         | Pita Chips         |
|                             | <b>Extras:</b>                      |                                    |  |  |  |                    |