

	Child meal pattern food components:	MONDAY 5-22	TUESDAY 5-23	WEDNESDAY 5-24	THURSDAY 5-25	FRIDAY 5-26
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Fresh Apples	Fruit Cocktail	Fresh Strawberries	Apricots	Fresh Mixed Fruits
	Grains/Breads	Cereal*	Blueberry/Corn Muffin	Bagels	Biscuits	Cheese Toast
	Extras:			Cream Cheese	Jelly	
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Ziti Alt: Baked Ziti With Extra Cheese	Deconstructed Ground Beef Tacos ALT: Deconstructed Black Bean Tacos	Egg Fried Rice	Chicken Alfredo ALT: Chickpea Alfredo	Cheese Pizza
	Vegetable or Fruit	Squash	Shredded Lettuce and Tomato	Stir Fry Vegetables	Broccoli	Green Peas
	Vegetable or Fruit	Diced Pears	Fresh Oranges	Sliced Peaches	Watermelon	Applesauce
	Grains/Breads	Green Beans	Tortilla	Whole Grain Rice	Whole Wheat Penne	Pizza Crust
	Extras:		Shredded Cheese			
SNACK (select 2)	Milk					
	Meat/Meat Alternate				Cheese Sticks	
	Vegetable/Fruit/Juice	Cantaloupe Chunks	Fresh Carrots	Sliced Peaches		Mixed Fruit
	Grains/Bread	Wheat Thins	Whole Grain Cheese- its	Homemade Chex Mix	Saltine Crackers	Pita Chips
	Extras:					