

	Child meal pattern food components:	MONDAY 6-26	TUESDAY 6-27	WEDNESDAY 6-28	THURSDAY 6-29	FRIDAY 6/30
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Fresh Strawberries	Tropical Fruit	Fresh Sliced Apples	Banana	Applesauce
	Grains/Breads	Cereal*	Whole Wheat Toast	Oatmeal	Assorted Homemade Muffins	Pancakes
	Extras:		Jelly			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Chicken ALT: Baked Tofu	Lasagna with Meat Sauce ALT: Vegetable Lasagna	Grilled Cheese	Hamburger ALT: Veggie Burger	Vegetarian Chili
	Vegetable or Fruit	Carrots	Broccoli	Tomato Soup	Cauliflower	Vegetable Medley
	Vegetable or Fruit	Bananas	Fresh Oranges	Diced Pears	Fresh Cantaloupe	Fruit Salad
	Grains/Breads	Whole Grain Dinner Roll	Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Bun	Brown Rice
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate		Vanilla Yogurt			
	Vegetable/Fruit/Juice	Diced Pineapple	Raisins	Peaches	Baby Carrots	Mandarin Oranges
	Grains/Bread	Goldfish		Saltine Crackers	Whole Grain Sun Chips	Homemade Cupcakes BIRTHDAY SNACK!
	Extras:				Ranch	