## Child meal pattern food components:

### MONDAY 7/17
- **BREAKFAST**: Milk, Fresh Oranges, Cereal *
- **LUNCH**: Macaroni and Cheese, Lima Beans, Sliced Pears, Pasta, Cheese Stick
- **SNACK**: Applesauce, Whole Wheat Crackers

### TUESDAY 7/18
- **BREAKFAST**: Milk, Fresh Apples / Summer Cup: Apple Sauce Cups, Whole Wheat Toast, Scrambled Eggs
- **LUNCH**: Ground Beef ALT: Tofu Stir Fry, Stir Fry Vegetables, Diced Peaches, Whole Grain Rice, Cheese Stick
- **SNACK**: Fresh Apples / Summer Cup: Apple Sauce Cups, Whole Wheat Toast, Goldfish

### WEDNESDAY 7/19
- **BREAKFAST**: Milk, Banana / Summer Camp: Mixed Fruit Cup, Waffles
- **LUNCH**: Baked Chicken ALT: Eggs, Yam Patties, Pineapple Slices, Whole Wheat Roll
- **SNACK**: Fresh Apples / Summer Cup: Apple Sauce Cups, Whole Wheat Toast, Oyster Crackers

### THURSDAY 7/20
- **BREAKFAST**: Milk, Fresh Pears, Blue Berry Muffins
- **LUNCH**: Turkey Taco Alt: Cheese Taco, Tomato, Diced Apples, Tortilla
- **SNACK**: Fresh Pears, Fresh Mixed Fruit, Fresh Oranges

### FABULOUS 7/21
- **BREAKFAST**: Milk, Fresh Mixed Fruit, Bagel
- **LUNCH**: Spaghetti & Meatballs ALT: Cheesy Spaghetti, Green Beans, Whole Wheat Spaghetti
- **SNACK**: Peach or Strawberry Yogurt, Sliced Peaches, Fresh Oranges

### Extras:
- Scrambled Eggs, Syrup, Bacon, Goldfish, Oyster Crackers