

	Child meal pattern food components:	MONDAY 7-24	TUESDAY 7-25	WEDNESDAY 7-26	THURSDAY 7-27	FRIDAY 7-28
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Sliced Apples	Tropical Fruit	Fresh Strawberries	Diced Apples	Banana
	Grains/Breads	Cereal*	Pancakes	Oatmeal	Assorted Homemade Muffins	Whole Wheat Toast
	Extras:		Syrup			Jelly
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Chicken	Egg and Cheese bake	Hamburger ALT: Veggie Burger	Pressed Turkey/Beef and Cheese Sandwich ALT: Grilled Cheese	Turkey Sloppy Joes ALT: BBQ Tofu Joes
	Vegetable or Fruit	Carrots	Vegetable Medley	Cauliflower	Tomato Soup	Broccoli
	Vegetable or Fruit	Bananas	Honey Dew	Fresh Cantaloupe	Diced Pears	Fresh Oranges
	Grains/Breads	Corn Muffin	Garlic Toast/English	Whole Wheat Bun	Cuban Bread	Whole Wheat Bun
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Diced Pineapple	Raisins	Mixed Fruit	Sliced Peaches	Fresh Pineapple
	Grains/Bread	Goldfish	Sun chips	Soft Pretzels	Animal Crackers	
	Extras:					Ice Cream Cone