

	Child meal pattern food components:	MONDAY 8/14	TUESDAY 8/15	WEDNESDAY 8/16	THURSDAY 8/17	FRIDAY 8/18
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Raisins	Apple sauce	Peaches	Pears	Mix Fruit
	Grains/Breads	Cereal	Bagels	Biscuits	Waffles	Boiled Eggs
	Extras:					
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Marconi and Cheese	Cream Chicken Alt: Yogurt	Cheese roll up	Spaghetti and Meatballs Alt: Cheesy Spaghetti	Pizza
	Vegetable or Fruit	Broccoli	Yam patties	Lima beans	Stir fry veggie	Peas
	Vegetable or Fruit	Apple Sauce	Sliced Peaches	Diced Pears	Mix fruit	Sliced Pineapple
	Grains/Breads		Wild rice	Tortilla	Whole Wheat Spaghetti	
	Extras:					
SNACK (select 2)	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Mix fruit cups	Apple	Raisins	Cheese cubs	Yogurt
	Grains/Bread	Pretzels	Cheese-it	Sun chips	Saltine crackers	Banana
	Extras:					