

	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	Oatmeal	Fresh Strawberries	Fresh Apples	Banana	Fresh Mixed Fruits
	Grains/Breads	Diced Apples	Oatmeal	Bagels	Blueberry Muffins	Cheese Toast
	Extras:			Cream Cheese		
LUNCH	Milk		Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Macaroni and Cheese	Deconstructed Ground Turkey Tacos ALT :Deconstructed Black Bean Tacos	Egg Fried Rice ALT: Red Bean Fried Rice	Chicken Alfredo ALT: Garbanzo beans	BBQ Chicken Slider ALT: Tofu Slider
	Vegetable or Fruit	Mixed Veggies	Shredded Lettuce and Tomato Medley ALT for infant Room: Mixed veggies	Lima Beans	Broccoli	Squash
	Vegetable or Fruit	Pineapple Chunks	Fresh Oranges	Pineapple Chunks	Watermelon	Applesauce
	Grains/Breads		Tortilla	Whole Grain Rice	Whole Wheat Penne	Slider bun
	Extras:		Shredded Cheese			
SNACK (select 2)	Milk					
	Meat/Meat Alternate				Cheese Stick	Cottage Cheese
	Vegetable/Fruit/Juice	Diced Pears	Raisins	Sliced Peaches		
	Grains/Bread	Chex Mix	Whole Grain Cheese – Its	Animal Crackers	Saltine Crackers	Pita Chips
	Extras:					