

	Child meal pattern food components:	MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Raisins	Blueberries	Banana	Fresh Oranges	Applesauce
	Grains/Breads	Oatmeal	Bagels	Cheerios	Blueberry Muffin	Waffles
	Extras:					Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Chicken Nuggets Alt: Boiled Egg	Cheese Tortellini	Meatball Subs ALT: Cheese Cubes	Grilled Cheese	Turkey Chili ALT: Vegetarian Chili
	Vegetable or Fruit	Yam Patties	Tomato	Broccoli	Mixed Vegetables	Kidney Bean
	Vegetable or Fruit	Fresh Oranges	Banana	Watermelon	Diced Pears / Diced Peaches	Mixed Fruit
	Grains/Breads	Whole Wheat Rolls	Garlic Bread	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Crackers
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate			Vanilla Yogurt		Sliced Peaches
	Vegetable/Fruit/Juice	Diced Pineapple	Raisins		Banana	
	Grains/Bread	Goldfish	Sun chips	Soft Pretzels	Saltine Crackers	Whole Wheat bread
	Extras:					