

	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
	Vegetable/Fruit/Juice	Tropical Fruit	Fresh Strawberries	Fresh Apples	Banana	Apple Sauce
	Grains/Breads	Cereal	Oatmeal	Bagels	Assorted Muffins	Cheese Toast
	Extras:			Cream Cheese		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Black Beans and Rice	Deconstructed Ground Turkey Tacos ALT :Deconstructed Black Bean Tacos	Egg Fried Rice ALT: Red Bean Fried Rice	Chicken Alfredo ALT: Chickpea Alfredo	Salisbury Steak
	Vegetable or Fruit	Mixed Veggies	Shredded Lettuce and Tomato Medley ALT for infant Room: Mixed veggies	Green Peas	Green beans	Mashed Potatoes
	Vegetable or Fruit	Sliced Pears	Fresh Oranges	Sliced Peaches	Honey Dew	Fruit Cocktail
	Grains/Breads	Rice	Tortilla	Whole Grain Rice	Whole Wheat Penne	Whole Wheat Dinner roll
	Extras:		Shredded Cheese			Gravy
SNACK (select 2)	Milk				9-	
	Meat/Meat Alternate				Cheese Stick	Sliced Pears
	Vegetable/Fruit/Juice	Sliced Pineapple	Raisins	Mandarin Oranges		
	Grains/Bread	Cheddar Goldfish	Whole Grain Cheese – Its	Homemade Chex Mix	Saltine Crackers	Pita Chips
	Extras:					

