

	Child meal pattern food components:	MONDAY 10/16	TUESDAY 10/17	WEDNESDAY 10/18	THURSDAY 10/19	FRIDAY 10/20
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Yogurt			
	Vegetable/Fruit/Juice	Sliced Apple	Blueberries	Fresh Strawberries	Banana	Applesauce
	Grains/Breads	Oatmeal		Corn Flakes	Blueberry Muffin	Biscuits
	Extras:					Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Chicken Alt: Tofu	Spaghetti and Meatballs Alt: Spaghetti with extra cheese	Turkey Tacos Alt: Cheese Quesadilla	Burritos / Pizza	Turkey Chili ALT: Vegetarian Chili
	Vegetable or Fruit	Broccoli	Vegetable Medley	Fresh Tomatoes / Lettuce	Mixed Vegetables	Cauliflower
	Vegetable or Fruit	Mashed potatoes	Fresh Oranges	Fresh Cantaloupe	Diced Pears	Sliced Peaches
	Grains/Breads	Garlic Bread	Whole Wheat Pasta	Flour Tortilla	Whole Wheat Graham Cracker	Whole Wheat Crackers
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate			Vanilla Yogurt		
	Vegetable/Fruit/Juice	Sliced Pineapple	Raisins		Carrots Sticks	Fresh Oranges
	Grains/Bread	Goldfish	Sun chips	Pretzels	Saltine Crackers	Cornflakes
	Extras:					