

	Child meal pattern food components:	MONDAY 10/23	TUESDAY 10/24	WEDNESDAY 10/25	THURSDAY 10/26	FRIDAY 10/27
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Sliced Pears	Grapes	Banana	Warm Cinnamon Apples	Mixed Fruit
	Grains/Breads	Egg Quesadilla	Burritos	Pancake	Cereal	Oatmeal
	Extras:					Bacon
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scallop Potatoes with Beef Alt: Cheese Stick (1.5 oz.)	Chicken Drumstick with Barbeque Sauce ALT: Boiled Egg	Mini Corn Dogs ALT: Tofu	Quiche with Ham Alt: Quiche without Ham	Black Bean Burger
	Vegetable or Fruit	Carrots	Sweet Potatoes	Green Beans	Green Peas	Mixed Vegetables
	Vegetable or Fruit	Pineapple	Banana	Mandarin Oranges	Sliced Pineapple	Banana
	Grains/Breads	Biscuit	Whole Wheat Rolls	Hawaiian Roll	Cornbread Muffin	Whole Wheat Bun
	Extras:					
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate		Cheese Cubes			
	Vegetable/Fruit/Juice	Raisins		Sliced Peaches	Fresh Apples	Sliced Peaches
	Grains/Bread	Bagels	Saltine Crackers	Homemade Pita Chips	Homemade Chex Mix (goldfish, pretzel sticks, etc)	Blueberry Muffin
	Extras:			Salsa		