

	<b>Child meal pattern food components:</b>	<b>MONDAY 10-16</b>	<b>TUESDAY 10-17</b>	<b>WEDNESDAY 10-18</b>	<b>THURSDAY 10-19</b>	<b>FRIDAY 10-20</b>
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Fruit Cocktail	Fresh Strawberries	Fresh Apples	Banana	Fresh Mixed Fruits
	<b>Grains/Breads</b>	Raisin Bread	Oatmeal	Bagels	Blueberry Muffins	Cheese Toast
	<b>Extras:</b>			Cream Cheese		
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Cheese Pizza <b>Dairy Alt:</b> Veggie Burger	Deconstructed Ground Turkey Tacos <b>ALT</b> :Deconstructed Black Bean Tacos	Egg Fried Rice <b>ALT:</b> Red Bean Fried Rice	Chicken Alfredo <b>Vegetarian ALT:</b> Chickpea alfredo <b>Dairy ALT:</b> Seasoned Chicken and Pasta	Baked Chicken <b>Alt:</b> Baked Tofu
	<b>Vegetable or Fruit</b>	Green Peas	Shredded Lettuce and Tomato Medley ALT for infant Room: Mixed veggies	Lima Beans	Broccoli	Carrots
	<b>Vegetable or Fruit</b>	Diced Pears	Fresh Oranges	Pineapple Chunks	Watermelon	Fresh Apples
	<b>Grains/Breads</b>	Pizza Crust	Tortilla	Whole Grain Rice	Whole Wheat Penne	Whole Wheat Dinner Roll
	<b>Extras:</b>		Shredded Cheese			
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>				Fresh Pears	
	<b>Vegetable/Fruit/Juice</b>	Cantaloupe Chunks	Raisins	Sliced Peaches		Sliced Peaches
	<b>Grains/Bread</b>	Wheat Thins	Whole Grain Crackers	Whole grain Strawberry Chex Mix	Saltine Crackers	Pita Chips

WEEK 4 Cycle Menu

Menu for:

Baby Gator/Lake Alice

	<b>Extras:</b>					Salsa
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