	Child meal pattern food components:	MONDAY 11/13	TUESDAY 11/14	WEDNESDAY 11/15	THURSDAY 11/16	FRIDAY 11/17 Thanksgiving Feast
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Sliced Pears	Grapes	Banana	Warm Cinnamon Apples	Mixed Fruit
	Grains/Breads	Cereal	Burritos	Waffles	Blueberry Muffin	Oatmeal
	Extras:					
ГОИСН	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Homemade Cheese Pizza	Spaghetti & Cheese Sauce	Egg & Cheese Quesadilla	Black Beans	Turkey Alt: Tofu
	Vegetable or Fruit	Mixed Veggies	Green Peas	Smile Shaped Mashed Potato Fries	Carrots	Green Beans
	Vegetable or Fruit	Sliced Pineapple	Banana	Mandarin Oranges	Sliced Pineapple	Yams / Mashed Potatoes
	Grains/Breads	Whole Wheat Pizza Dough	Spaghetti	Flour Tortillas	Rice	Whole Wheat Rolls
	Extras:					Stuffing, Cranberry Sauce, Cookies, Gravy
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Cheese Cubes			Cheese stick
	Vegetable/Fruit/Juice	Raisins		Sliced Peaches	Fresh Apples	
	Grains/Bread	Pretzels	Saltine Crackers	Homemade Pita Chips	Homemade Chex Mix (goldfish, pretzel sticks, etc.)	Blueberry Muffin
	Extras:			Salsa		