

	Child meal pattern food components:	MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY Closed	FRIDAY Closed
	Milk	Milk	Milk	Milk	Milk	Milk
BREAKFAST	Meat/Meat Alternate		Egg Quiche			
	Vegetable/Fruit/Juice	Fresh Apples		Mixed Berries		
	Grains/Breads	Rice Chex Cereal	Fish Shaped Bread	Oatmeal		
	Extras:					
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Chicken Breast /Nuggets/Drumsticks/	Marconi and Cheese	Black Bean Quesadilla		
	Vegetable or Fruit	Fruit Cocktail / Sliced Pears	Mandarin Oranges	Fruit Salad		
	Vegetable or Fruit	Green Peas	Mixed Vegetables	Broccoli		
	Grains/Breads	Rice	Elbow Macaroni	Tortilla		
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate		Cheese Sticks			
	Vegetable/Fruit/Juice	Raisins				
	Grains/Bread	Wheat Thins	Whole Wheat Sun Chips	Oyster Crackers / Pretzels		
	Extras:					