

	Child meal pattern food components:	MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk		
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Sliced Apples	Tropical Fruit	Fresh Strawberries		
	Grains/Breads	Cereal*	French Toast Sticks	Whole Wheat Toast		
	Extras:		Syrup	Jelly		
LUNCH	Milk	Milk	Milk	Milk		
	Meat/Meat Alternate	Baked Chicken Alt: Baked Tofu	Vegetable Bean Soup	Cheese Pizza Alt Dairy : Veggie Burger		
	Vegetable or Fruit	Carrots	Mixed Vegetables	Broccoli		
	Vegetable or Fruit	Bananas	Fresh Pears	Mandarin Oranges		
	Grains/Breads	Corn Muffin	Bread stick	Diner roll		
	Extras:					
SNACK (select 2)	Milk			Milk		
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Diced Pineapple	Raisins	Mixed fruit		
	Grains/Bread	Goldfish	Sun chips			
	Extras:			Birthday Snacks Assorted Cookie		