

	Child meal pattern food components:	MONDAY 11-13	TUESDAY 11-14	WEDNESDAY 11-15	THURSDAY 11-16	FRIDAY 11-17
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Sliced Apples	Fruit Cocktail	Diced Apples	Fresh Oranges and Pears	Tropical Fruit
	Grains/Breads	Raisin Bread/Waffles	Oatmeal	Bagels	Blueberry Muffins	Cereal
	Extras:			Cream Cheese		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheese Pizza Dairy Alt: Black bean patty	Popcorn Chicken ALT: Veggie Burger	Latin Black Beans and Rice	Ham Sandwich ALT: Grilled Cheese Sandwich	Roasted Turkey Alt: Roasted Tofu
	Vegetable or Fruit	Green Peas	Cauliflower	Mixed Veggies	Broccoli	Yams/ Green beans
	Vegetable or Fruit	Diced Pears	Banana	Sliced Pineapple	Mandarin Oranges	Cantaloupe
	Grains/Breads	Pizza Crust	Hawaiian Roll	White Rice	Whole Wheat Bread	Whole Wheat Roll Stuffing
	Extras:					Gravy
SNACK (select 2)	Milk					
	Meat/Meat Alternate				Cheddar Cheese Stick	
	Vegetable/Fruit/Juice	Chunked Pineapple	Raisins	Sliced Peaches		Saltine Crackers
	Grains/Bread	Animal Crackers	Whole Grain Crackers	Chex Mix	Pretzels	Peaches
	Extras:					