

	Child meal pattern food components:	MONDAY 12/11	TUESDAY 12/12	WEDNESDAY 12/13	THURSDAY 12/14	FRIDAY 12/15
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Raisins	Applesauce	Fresh Oranges	Sliced Pineapple	Raisins
	Grains/Breads	Oatmeal	Goldfish Bread / English Muffins	Blueberry Muffins	Cheese Grits	Cereal
	Extras:					
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Meatball Subs Alt: Tofu	Macaroni and Cheese with Diced Ham Alt: Macaroni and Cheese	Cheese Quesadillas	Hamburger Alt: Black Bean Burger	Grilled Cheese Sandwich
	Vegetable or Fruit	Green Beans	Carrots	Sliced Pineapple	Stir Fry Veggies	Mixed Vegetables
	Vegetable or Fruit	Honeydew	Fruit Salad	Mixed Vegetable	Applesauce	Sliced Peaches
	Grains/Breads	Hotdog Buns	Whole Wheat Rolls	Tortilla	Whole Wheat Buns	Whole Wheat Bread
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate	Cheese stick	Hummus			
	Vegetable/Fruit/Juice			Fresh Oranges	Sliced Peaches	Left Over Fruit Medley
	Grains/Bread	Wheat Thins	Whole Wheat	Graham Crackers	Oyster Crackers	Goldfish Crackers
	Extras:					