

	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	Tropical Fruit	Fresh Strawberries	Fresh Apples	Apple Sauce	Fresh Blueberry
	Grains/Breads	Cereal	Oatmeal	Bagels	Cheese Toast	Assorted Muffins
	Extras:			Cream Cheese		
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Macaroni and Cheese Dairy Alt: Pasta Primavera	Deconstructed Ground Turkey Tacos ALT :Deconstructed Black Bean Tacos	Egg Fried Rice ALT: Red Bean Fried Rice	Chicken Alfredo ALT: Chickpea Pasta / with Alfredo Sauce	Black Beans and Rice
	Vegetable or Fruit	Cooked Carrots	Shredded Lettuce and Tomato Medley ALT for infant Room: Mixed veggies	Green Peas	Green beans	Mixed Veggies
	Vegetable or Fruit	Cantaloupe	Fresh Oranges	Sliced Peaches	Honey Dew	Sliced Pears
	Grains/Breads	Pasta	Tortilla	Whole Grain Rice	Whole Wheat Penne	Rice
	Extras:		Shredded Cheese			
SNACK (select 2)	Milk					
	Meat/Meat Alternate					Sliced Pineapple
	Vegetable/Fruit/Juice	Chunked Pineapple	Raisins	Mandarin Oranges	Banana	
	Grains/Bread	Cheddar Goldfish	Whole Grain Cheese – Its	Homemade Chex Mix	Saltine Crackers	Pita Chips
	Extras:					