

	Child meal pattern food components:	MONDAY 12-4	TUESDAY 12-5	WEDNESDAY 12-6	THURSDAY 12-7	FRIDAY 12-8
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fresh Oranges	Diced Peaches	Fresh Honey Dew	Fresh Strawberries	Bananas
	Grains/Breads	French Toast Sticks	Bagels	Cheese Grits	Cereal*	Waffles
	Extras:	Syrup	Cream Cheese			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Popcorn Chicken ALT: Veggie Burger	Baked Ziti with Red Sauce Dairy ALT: Baked Ziti with Beans	Pulled Pork Sliders ALT: Vegetarian Baked Beans	Latin Black Beans and Rice	Chicken Lo Mein ALT: Tofu Lo Mein
	Vegetable or Fruit	Cooked Carrots	Green Beans	Baked Potato Wedges	Mixed Veggies	Stir-Fry Vegetables
	Vegetable or Fruit	Fruit Cocktail	Fresh Banana	Mandarin Oranges	Tropical Fruit	Diced Pineapple
	Grains/Breads	Hawaiian Roll	Whole Wheat Pasta	Whole Wheat Buns	White Rice	Whole Wheat Pasta
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate			Applesauce	Fresh Apples	
	Vegetable/Fruit/Juice	Pears	Carrots			Fresh Oranges
	Grains/Bread	Whole Wheat Pita	Oyster Crackers	Pretzel Twists	Blueberry Muffins	Goldfish
	Extras:		Ranch			