

	Child meal pattern food components:	MONDAY 1-22	TUESDAY 1-23	WEDNESDAY 1-24	THURSDAY 1-25	FRIDAY 1-26
BREAKFAST	1-2yrs. Milk 2-5 yrs. Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk
	Vegetable/Fruit/Juice	Fresh Oranges	Diced Peaches	Fresh Honey Dew	Fresh Strawberries	Blueberries
	Grains/Breads	Whole Grain Cheerios	English Muffins	Cheese Grits	Raisin Bread	Waffles
	Extras:		Sausage Patty			Syrup
LUNCH	1-2yrs. Milk 2-5 yrs. Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk
	Meat/Meat Alternate	Macaroni and Cheese	Meatloaf ALT: Vegetarian Baked Beans	Baked Ziti with Red Sauce	Teriyaki Chicken Drumstick ALT: Vegetarian Baked Beans	Chicken Lo Mein ALT: Tofu Lo Mein
	Vegetable or Fruit	Steamed Broccoli	Mashed Potatoes	Green Beans	Mixed Veggies	Stir-Fry Vegetables
	Vegetable or Fruit	Fruit Cocktail	Mandarin Oranges	Fresh Banana	Sliced Pineapple	Diced Pineapple
	Grains/Breads	Pasta	Whole Wheat Dinner roll	Whole Wheat Pasta	Wild rice	Whole Wheat Pasta
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					Whole Milk 1% Milk
	Meat/Meat Alternate				Fresh Apples	
	Vegetable/Fruit/Juice	Fresh Apple	Carrots	Tropical Fruit		Fresh Banana
	Grains/Bread	Stacy Chips	Oyster Crackers	Pretzel Twist	Whole Wheat Crackers	
	Extras:					Ice Cream Sandwich