

	Child meal pattern food components:	MONDAY 1/22	TUESDAY 1/23	WEDNESDAY 1/24	THURSDAY 1/25	FRIDAY 1/26
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Applesauce	Diced Peaches	Fresh Honey Dew	Raisins	Fresh Blueberries
	Grains/Breads	Biscuits	Homemade Pancakes	Cheese Grits	Rice Krispies	Waffles
	Extras:		Bacon			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Chicken Taco ALT: Black Bean Quesadilla	Baked Ziti with Red Sauce and Cheese	Egg Salad Sandwich	Chicken Nuggets Alt: Tofu	Swedish Meat Balls Alt: Boiled Egg
	Vegetable or Fruit	Steamed Broccoli	Tomato / Lettuce / Cucumber	Smile Shaped Potatoes	Mixed Vegetables	Mashed Potatoes
	Vegetable or Fruit	Fresh Pears	Fresh Oranges	Sliced Pineapple	Apple Sauce	Variety Fruit
	Grains/Breads	Tortilla	Whole Wheat Pasta	Whole Wheat Bread	Quinoa	Whole Wheat Roll
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate			Cheese Sticks		Strawberry Yogurt
	Vegetable/Fruit/Juice	Banana	Sliced Pears		Honeydew	
	Grains/Bread	Whole Wheat Wheat Thins	Cheese-Itz	Honey Graham Crackers	Homemade Trail Mix	Cheddar Goldfish
	Extras:					