

|                     | Child meal pattern food components: | MONDAY<br>1-15   | TUESDAY<br>1-16                   | WEDNESDAY<br>1-17                          | THURSDAY<br>1-18                                  | FRIDAY<br>1-19                                  |
|---------------------|-------------------------------------|------------------|-----------------------------------|--|---|---|
| BREAKFAST           | 1-2yrs. Milk<br>2-5 yrs. Milk       |                  | Whole Milk<br>1% Milk             | Whole Milk<br>1% Milk                      | Whole Milk<br>1% Milk                             | Whole Milk<br>1% Milk                           |
|                     | Meat/Meat Alternate                 |                  |                                   |  |   |   |
|                     | Vegetable/Fruit/Juice               |                  | Fresh Pears                       | Fresh Oranges                              | Applesauce  | Strawberries Slices                             |
|                     | Grains/Breads                       |                  | Cheese toast on Whole Grain bread | Whole Grain Oatmeal                        | French Toast Sticks                               | Whole Grain Cereal                              |
|                     | Extras:                             |                  |                                   |  | Syrup   |   |
| LUNCH               | 1-2yrs. Milk<br>2-5 yrs. Milk       |                  | Whole Milk<br>1% Milk             | Whole Milk<br>1% Milk                      | Whole Milk<br>1% Milk                             | Whole Milk<br>1% Milk                           |
|                     | Meat/Meat Alternate                 | <b>BG CLOSED</b> | Latin Beans and Rice              | Chicken Noodle Soup<br>ALT: Vegetable Soup | Beef Pasta and Gravy<br>ALT: Tofu Pasta and Gravy | Turkey Sandwich<br>Alt: Grilled Cheese Sandwich |
|                     | Vegetable or Fruit                  |                  | Broccoli                          | Mixed Vegetables                           | Green Peas  | Cooked Carrots/Fresh Carrots                    |
|                     | Vegetable or Fruit                  |                  | Mandarin Oranges                  | Diced Peaches                              | Fruit Cocktail                                    | Banana  |
|                     | Grains/Breads                       |                  | White Rice                        | Saltine crackers                           | Whole Wheat Pasta                                 | Whole Wheat Bread                               |
|                     | Extras:                             |                  |                                   |  |   |   |
| SNACK<br>(select 2) | 1-2yrs. Milk<br>2-5 yrs. Milk       |                  |                                   |  |   |   |
|                     | Meat/Meat Alternate                 |                  |                                   |  | Tuna Dip  | Yogurt  |
|                     | Vegetable/Fruit/Juice               |                  | Pineapple                         | Raisins                                    |   | Fresh Fruit Salad                               |
|                     | Grains/Bread                        |                  | Goldfish                          | Pita Chips                                 | Saltine Crackers                                  |   |
|                     | Extras:                             |                  |                                   |  |   |   |