

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Apples/Banana	Diced Peaches	Fresh Honey Dew	Fresh Strawberries	Blueberries
	Grains/Breads	Waffles	English Muffins	Cheese Grits	Cereal*	Waffles
	Extras:	Syrup	Jelly			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Grilled Cheese Sandwich	Sloppy Joes Alt: Black Bean Burger	Popcorn Chicken ALT: Vegetarian Baked Beans	Latin Black Beans and Rice	Chicken Lo Mein ALT: Tofu Lo Mein
	Vegetable or Fruit	Steamed Broccoli	Green Beans	Mashed Potatoes	Mixed Veggies	Stir-Fry Vegetables
	Vegetable or Fruit	Fruit Cocktail	Fresh Banana	Mandarin Oranges	Apple Sauce	Diced Pineapple
	Grains/Breads	Whole Wheat Bread	Whole Wheat Buns	Hawaiian Rolls	White Rice	Whole Wheat Pasta
	Extras:					
SNACK (select 2)	Milk					
	Meat/Meat Alternate			Cheese Cubes	Fresh Apples	
	Vegetable/Fruit/Juice	Banana	Carrots			Fresh Oranges
	Grains/Bread	Whole Wheat Pita	Oyster Crackers	Pretzel Twists	Assorted Muffins	Goldfish
	Extras:					