

	<b>Child meal pattern food components:</b>	<b>MONDAY 2-19</b>	<b>TUESDAY 2-20</b>	<b>WEDNESDAY 2-21</b>	<b>THURSDAY 2-22</b>	<b>FRIDAY 2-23</b>
<b>BREAKFAST</b>	<b>1-2yrs. Milk 2-5 yrs. Milk</b>	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk	Whole Milk 1% Milk
	<b>Vegetable/Fruit/Juice</b>	Fresh Oranges	Sliced Peaches	Fresh Honey Dew	Fresh Strawberries	Blueberries
	<b>Grains/Breads</b>	French Toast Sticks	English Muffins	Cheese Grits	Cereal*	Waffles
	<b>Extras:</b>	Syrup	Sausage Patty			Syrup
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Popcorn Chicken ALT: Veggie Burger	Baked Ziti with Red Sauce	Sloppy Joe Slider ALT: Vegetarian Baked Beans	Latin Black Beans and Rice	Chicken Lo Mein ALT: Tofu Lo Mein
	<b>Vegetable or Fruit</b>	Steamed Broccoli	Mixed Veggies	Green Beans	Vegetable Medley	Stir-Fry Vegetables
	<b>Vegetable or Fruit</b>	Fruit Cocktail	Fresh Banana	Mandarin Oranges	Sliced Pears	Diced Pineapple
	<b>Grains/Breads</b>	Hawaiian Roll	Whole Wheat Pasta	Slider Buns	White Rice	Whole Wheat Pasta
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>			Tropical Fruit	Applesauce	
	<b>Vegetable/Fruit/Juice</b>	Fresh apples	Carrots			Fresh Oranges
	<b>Grains/Bread</b>	Whole Wheat Pita	Oyster Crackers	Pretzel Twists	Assorted Muffins	Goldfish
	<b>Extras:</b>					