

	Child meal pattern food components:	MONDAY 4/16	TUESDAY 4/17	WEDNESDAY 4/18	THURSDAY 4/19	FRIDAY 4/20
<b>BREAKFAST</b>	<b>1-2yrs. Milk</b> <b>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	Fresh Strawberries	Mixed Berries	Sliced Peaches	Cantaloupe
	<b>Grains/Breads</b>	(WG) Whole Wheat Toast	Cereal*	Waffles	English Muffins	Cheese Grits
	<b>Extras:</b>			Syrup	Sausage Patty	
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Grilled Cheese Sandwich	Baked Ziti with Red Sauce Alt: Baked Ziti with kidney Beans	Whole Grain Fish Shapes ALT: Vegetarian Baked Beans	Tacos Alt: Quesadilla	Chicken Lo Mein ALT: Tofu Lo Mein
	<b>Vegetable or Fruit</b>	Steamed Broccoli	Green Beans	Mashed Potatoes	Tomatoes/Lettuce	Stir-Fry Vegetables
	<b>Vegetable or Fruit</b>	Fruit Cocktail	Mandarin Oranges	Fresh Banana	Diced Pineapple	Apple Sauce
	<b>Grains/Breads</b>	(WG) Whole Wheat Bread	Whole Wheat Pasta	Whole Wheat Dinner Roll	(WG) Tortillas	(WG)Whole Wheat Pasta
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					
	<b>Meat/Meat Alternate</b>			Hummus		
	<b>Vegetable/Fruit/Juice</b>	Banana	Carrot Sticks		Fresh Apples	Fresh Oranges
	<b>Grains/Bread</b>	Wheat Thins	(WG) Whole Wheat Crackers	Whole Wheat Pita	Assorted Muffins	(WG) Goldfish Crackers
	<b>Extras:</b>					