

	Child meal pattern food components:	MONDAY 6/18	TUESDAY 6/19	WEDNESDAY 6/20	THURSDAY 6/21	FRIDAY 6/22
BREAKFAST	3-5 yrs. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Meat/Meat Alternate		Eggs			Frozen Yogurt Popsicle
	Vegetable/Fruit/Juice	Sliced Apples	Fresh Strawberries	Fresh Cantaloupe	Banana	Mango Chunks
	Grains/Bread	Cereal	Breakfast Potatoes	Bagels/Raisin Bread EXTRA: Cream Cheese	Waffles/French Toast Sticks EXTRA: Syrup	
LUNCH	3-5 yrs. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Meat/Meat Alternate	Meatballs and Gravy ALT: Kidney Beans	Garlic and Oil Pasta with Chicken ALT: Chickpeas	Pepperoni Hot Pockets ALT: Cheese Hot Pockets	BBQ Chicken Tostadas ALT: BBQ Tofu Tostadas	Turkey and Cheese Sandwich ALT: Cheese Sandwich
	Vegetable or Fruit	Mashed Potatoes	Yam Patties	Green Beans	Stir-Fry Veggies	Mixed Veggies
	Vegetable or Fruit	Sliced Pineapple	Peaches	Sliced Grapefruit	Apple Sauce	Pears
	Grains/Breads	(WG) dinner roll	(WG) Whole Wheat Pasta	(WG) Pita Bread	(WG) Tortilla	(WG) Whole Wheat Bread
	Extras:					
SNACK (select 2)						
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Raisins	Banana	Apple Sauce	Carrots	Watermelon
	Grains/Bread	Goldfish/Baked Pretzels	Cereal Yogurt Bark	Whole Wheat Crackers	Wheat Thins	Graham Crackers
	Extras:				Ranch	