WEEK 3 Cycle Menu Menu for: Baby Gator/Lake Alice

IVICIIU	101.
June	25-29

Child meal pattern food components:	MONDAY 6-25	TUESDAY 6-26	WEDNESDAY 6-27	THURSDAY 6-28	FRIDAY 6-29
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
Meat/Meat Alternate		Yogurt			
Vegetable/Fruit/Juice	Strawberries	Banana	Diced Pears	Honey Dew	Fresh Apples
Grains/Breads	*Cereal		Pancakes	Cheese Grits	Oatmeal
Extras:			Syrup		
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
Meat/Meat Alternate	Ham and Cheese Wrap Dairy Alt: Ham Wrap Alt: Garbanzo Beans	Scrambled Eggs Alt: Yogurt	Meatloaf ALT: Veggie Patty	Seasoned Cannellini Beans	Grilled Cheese Dairy Alt: Grilled Turkey Sandwich
Vegetable or Fruit	Cooked Carrots	Baked Potato Cubes	Mashed Potatoes	Mixed Vegetables	Tomato Soup
Vegetable or Fruit	Cantaloupe	Mandarin Oranges	Pineapple Rings	Fresh Mixed Fruit	Fresh Pear
Grains/Breads	Tortilla Wrap	½ Slice Whole Wheat Toast	Whole Wheat Dinner Roll	White Rice	Whole Wheat Bread
Extras:					
1-2yrs. Milk 2-5 yrs. Milk					
Meat/Meat Alternate	Tropical Fruit				
Vegetable/Fruit/Juice	Animal Crackers	Applesauce	Sliced Peaches	Fresh Oranges	Diced Apples
Grains/Bread		Soft Pretzel Stick	Homemade Chex mix	Wheat Thins	Oyster Crackers
Extras:					
	components: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads Extras: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Vegetable or Fruit Vegetable or Fruit Grains/Breads Extras: 1-2yrs. Milk 2-5 yrs. Milk Vegetable or Fruit Vegetable or Fruit Grains/Breads Extras: 1-2yrs. Milk Neat/Meat Alternate Vegetable/Fruit/Juice Grains/Bread	components: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Vegetable/Fruit/Juice Grains/Breads *Cereal Extras: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Whole Milk 1% Milk Meat/Meat Alternate Ham and Cheese Wrap Dairy Alt: Ham Wrap Alt: Garbanzo Beans Vegetable or Fruit Cooked Carrots Vegetable or Fruit Cantaloupe Grains/Breads Tortilla Wrap Extras: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Tropical Fruit Vegetable/Fruit/Juice Animal Crackers Grains/Bread	components: 6-25 6-26 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Vegetable/Fruit/Juice Strawberries Banana Fextras: 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Whole Milk 1% Milk Whole Milk 1% Milk Mole Milk 1% Milk 1% Milk Mole Milk 1% Milk 1% Milk 1% Milk 1% Milk 1% Milk Mole Milk 1% M	components: 6-25 6-26 6-27 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Vegetable/Fruit/Juice Strawberries Banana Diced Pears Pancakes Extras: Syrup 1-2yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Whole Milk 1% Milk 1% Mil	components: 6-25 6-26 6-27 6-28 1-2yrs. Milk 2-5 yrs. Milk 2-5 yrs. Milk Meat/Meat Alternate Whole Milk 1% Milk

[•] Chex, Cheerios, Multigrain Cheerios