

	Child meal pattern food components:	MONDAY 25	TUESDAY 26 GG Lunch Out!	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
BREAKFAST	3-5 yrs. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Grapefruit	Apples	Fresh Strawberries	Cantaloupe	Fresh Orange
	Grains/Bread	Toast EXTRA: Jelly	Blueberry Muffins	Oatmeal	Bagels EXTRA: Cream Cheese	Cereal
LUNCH	3-5 yrs. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Meat/Meat Alternate	Spaghetti and Meatball ALT: Spaghetti & Kidney Beans	Turkey and Cheese Sandwich ALT: Cheese Sandwich	Deconstructed Black Bean Burrito -corn -cheese	BBQ Chicken Drum Stick ALT: BBQ Chickpeas	Black Beans and Spanish Rice
	Vegetable or Fruit	Mixed Veggies	Carrots/Corn	Pears	Lima Beans	Mixed Veggies
	Vegetable or Fruit	Mango Chunks/Pears	Fresh Oranges	Broccoli	Banana	Peaches
	Grains/Breads	(WG) Whole Wheat Pasta	(WG) Whole Wheat Bread	(WG) Tortilla	(WG) Roll	(WG) Rice
	Extras:			Salsa		
SNACK (select 2)						
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Watermelon	Fruit Cocktail	Apples	Fruit Cocktail	Applesauce
	Grains/Bread	Wheat Thins	Whole Wheat Crackers	Whole Grain Strawberry Chex Mix	Whole Grain Goldfish	Whole Wheat Crackers
	Extras:					Birthday Snack

