

	Child meal pattern food components:	MONDAY 7-16	TUESDAY 7-17	WEDNESDAY 7-18	THURSDAY 7-19	FRIDAY 7-20
BREAKFAST	1-2yrs. Milk 2-5 yrs. Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Fresh Pears	Banana	Fresh Honey Dew	Sliced Pears	Diced Apples
	Grains/Breads	French Toast Sticks	*WG Cereal	Cheese Grits	Waffles	Oatmeal
	Extras:	Syrup			Syrup	
LUNCH	1-2yrs. Milk 2-5 yrs. Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk	Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate	Black-Eyed Peas	Spaghetti and Meatballs ALT: Spaghetti with Red Sauce and cheese	Turkey Tacos ALT: Black Bean Wrap	Macaroni and Cheese ALT: Seasoned Pasta and Beans	Popcorn Chicken ALT: Veggie Patty on a bun
	Vegetable or Fruit	Collard Greens	Zucchini	Lettuce and Tomato	Green Peas	Broccoli
	Vegetable or Fruit	Fresh Oranges	Pineapple	Tropical Fruit	Fresh apples	Fresh Pears
	Grains/Breads	*Brown Rice	*Pasta	Tortilla Wraps	*WW Pasta	Hawaiian Roll
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					Unflavored Whole Milk Unflavored 1% Milk
	Meat/Meat Alternate			Sliced Cheese		
	Vegetable/Fruit/Juice	Fruit Cocktail	Sliced Peaches		Mandarin Oranges	Banana
	Grains/Bread	Animal Crackers	Soft Pretzel Sticks	*Wheat Crackers	*Whole Wheat Cinnamon Graham Crackers	*WG Cereal
	Extras:					

- Chex, Cheerios, Multigrain Cereal