

	Child meal pattern food components:	MONDAY 7/23 <b>GG LUNCH OUT</b>	TUESDAY 7/24	WEDNESDAY 7/25	THURSDAY 7/26	FRIDAY 7/27
<b>BREAKFAST</b>	<b>3-5 yrs. Milk</b>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	<b>Meat/Meat Alternate</b>					
	<b>Vegetable/Fruit/Juice</b>	Sliced Apples	Strawberries	Honey Dew	Variety Fruit	Sliced Oranges
	<b>Grains/Bread</b>	Cereal/Toast	Waffles/Bagel EXTRA: Syrup/Jelly	Oatmeal	Cheesy Grits	Toast
<b>LUNCH</b>	<b>3-5 yrs. Milk</b>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	<b>Meat/Meat Alternate</b>	Turkey & Cheese Sandwiches ALT: Cheese Sandwich	Beefaroni ALT: Kidney Beans	Grilled Cheese	Spanish Rice and Beans	BBQ Chicken Drum Sticks ALT: Yogurt
	<b>Vegetable or Fruit</b>	Lima Beans	Green Peas	Lima Beans	Stir-fry veggies	Green Peas
	<b>Vegetable or Fruit</b>	Watermelon	Banana	Sliced Apples	Sliced Oranges	Peaches
	<b>Grains/Breads</b>	(WG) Whole Wheat Bread	(WG) Pasta	(WG) Whole Wheat Bread	(WG) Rice	(WG) Dinner Roll
	<b>Extras:</b>					
<b>SNACK (select 2)</b>						
	<b>Meat/Meat Alternate</b>			Yogurt		
	<b>Vegetable/Fruit/Juice</b>	Sliced Pineapple	Sliced Oranges		Banana	Sliced Apples
	<b>Grains/Bread</b>	(WG) Animal Crackers	(WG) Oyster Crackers	(WG) Graham Crackers	Cereal	(WG) Goldfish
	<b>Extras:</b>				1% Milk	Birthday Snack