

	Child meal pattern food components:	MONDAY 8-13	TUESDAY 8-14	WEDNESDAY 8-15	THURSDAY 8-16	FRIDAY 8-17
BREAKFAST	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					
	Vegetable/Fruit/Juice	Raisins	Mixed Fruit	Mandarin Oranges	Banana	Raisins
	Grains/Breads	Special K Cereal	Blue Berry Muffins	(WG)Whole Wheat Bread	Bagel	Special K Cereal
	Extras:			Jelly	Cream Cheese	
LUNCH	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	Turkey Sandwich ALT: Cheese Wrap	Swedish Chicken Meatballs ALT: Boiled Egg	Macaroni and Cheese	Black Beans	Diced BBQ Chicken ALT: BBQ Tofu
	Vegetable or Fruit	Peas & Carrots	Cauliflower	Lima Beans	Cooked Carrots	Green Beans
	Vegetable or Fruit	Pineapple Slices	Tropical fruit	Sliced Pear	Honeydew	Tropical Fruit
	Grains/Breads	Tortilla/ (WG)Whole Wheat Bread	Egg Noodle	Whole Wheat Pasta	Rice	Grits
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate		Yogurt			Sliced Cheese
	Vegetable/Fruit/Juice	Tropical Fruit		Sliced Peaches	Honeydew	
	Grains/Bread	Wheat Thins	Animal Crackers	(WG) Goldfish	Honey Gram Crackers	Wheat Thins
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios