

	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	Apple Slices	Fresh Oranges	Fresh Apples	Sliced Peaches	Fresh Strawberries
	Grains/Breads	*Cereal	French Toast	Oatmeal	Bagel	*Cereal
	Extras:				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	Egg Noodle	Whole Wheat Pasta	Rice	Grits
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk			Milk		
	Meat/Meat Alternate	Sliced Cheese				Yogurt
	Vegetable/Fruit/Juice		Sliced Peaches	Fresh Oranges	Apple Sauce	Banana
	Grains/Bread	Whole Wheat Crackers	Raisin Bread	Cereal*	Home Made Chex Mix	
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios