

	Child meal pattern food components:	MONDAY 8/20	TUESDAY 8/21	WEDNESDAY 8/22	THURSDAY 8/23	FRIDAY 8/24
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				Strawberry Yogurt	
	Vegetable/Fruit/Juice	Mixed Fruit	Raisins	Mandarin Oranges		Raisins
	Grains/Breads	Bagels/Sliced Bread	(WG) Cheerios	Blueberry Muffins	(WG) Graham Crackers	(WG) Cheerios
	Extras:	Jelly				
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	Popcorn Chicken ALT: Yogurt	Cannellini Beans	Hamburger ALT: Veggie Burger	Turkey Roll up ALT: Cheese Roll up	Cheese Pizza Dairy Alt: Kidney Beans
	Vegetable or Fruit	Green Peas	Mixed Vegetables	Broccoli	Carrot sticks	Squash
	Vegetable or Fruit	Sliced Peaches	Sliced Apple	Mandarin Oranges	Apple Sauce	Cantaloupe
	Grains/Breads	Whole Wheat Roll	Wild Rice	Whole Wheat Bun	Tortilla	Crust
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate			Shredded Cheese		
	Vegetable/Fruit/Juice	Mandarin Oranges	Banana		Applesauce	Diced Pears
	Grains/Bread	(WG) Goldfish	Raisin Bread	(WG) Wheat Thins	Raisin Bread	(WG) Cheezit
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios