

	Child meal pattern food components:	MONDAY 9-10	TUESDAY 9-11	WEDNESDAY 9-12	THURSDAY 9-13	FRIDAY 9-14
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 Oranges	Fresh Bananas	Fresh Apples	Fresh Pears	Sliced Peaches
	Grains/Breads	*WG Cereal	French Toast	Biscuits	*WG Cereal	WW Bagels
	Extras:			Jelly		Cream Cheese
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	Turkey Sandwich ALT: Cheese Sandwich	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	Mixed Fruit	Sliced Pear	Honeydew	Tropical Fruit
	Grains/Breads	WW Bread	WW Pasta	WW Pasta	Rice	Grits
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate	Sliced Cheese				Yogurt
	Vegetable/Fruit/Juice		Sliced Peaches	Fresh Oranges	Apple Sauce	Banana
	Grains/Bread	WW Crackers	Raisin Bread	Wheat Thins	Home Made Chex Mix	Dairy Alt: WW Crackers
	Extras:					

Cereal * Cheerios, Chex, Multigrain Cheerios