

	Child meal pattern food components:	MONDAY 9/17	TUESDAY 9/18	WEDNESDAY 9/19	THURSDAY 9/20	FRIDAY 9/21
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			Strawberry/Peach Yogurt		
	Vegetable/Fruit/Juice	Raisins	Strawberries		Apple Sauce	Variety Fruit Cups
	Grains/Breads	* Mini Wheat Cereal	Belgian Waffles	*Graham Crackers	Toast	Blueberry Muffin
	Extras:					
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	Hamburger Alt: Yogurt	Spaghetti With Marinara Sauce with White Beans	Chicken Nuggets Alt: Yogurt	Seasoned Red Beans	Sausage Pattie Alt: Sliced Cheese
	Vegetable or Fruit	Lima Beans	Squash	Mixed Vegetables	Steamed Carrots	Potato Wedges
	Vegetable or Fruit	Sliced Peaches	Fruit Cocktail	Apple Slices	Sliced Pineapple	Mandarin Oranges
	Grains/Breads	Hamburger Bun	Spaghetti Noodles	* Wild Rice	White Rice	Pancake
	Extras:					
SNACK (select 2)	1-2yrs. Milk 2-5 yrs. Milk					
	Meat/Meat Alternate		Sliced Cheese			
	Vegetable/Fruit/Juice	Banana		Sliced Pears	Carrot Sticks	Sliced Peaches
	Grains/Bread	*Gold Fish Crackers	*Wheat Thins	Cheez-Its	*Wheat Crackers	*Graham Crackers
	Extras:					

\* Item Contains 100% whole grain